

Simple Living Life Inventory

Which describes you? Place the appropriate number beside each statement.

1=never true, 2=occasionally true, 3=mostly true, 4=always true

SPACES:

Your home has an open airy feeling.	1 2 3 4
Surfaces, such as countertops and tabletops, are kept empty and uncluttered.	1 2 3 4
Your purse contains only what you need from day to day.	1 2 3 4
You have few, well-thought-out and carefully-selected pictures and decorations hanging on your walls and sitting around your home.	1 2 3 4
Each piece of furniture in your home serves a specific purpose. Each is either necessary or enhances the home environment.	1 2 3 4
Your kitchen cabinets are uncrowded.	1 2 3 4
Your kids only have access to the amount of toys they can keep picked up and organized.	1 2 3 4
Subtotal	_____

SCHEDULE:

You make quality time with your family a priority and your family has ample opportunities to be at home together.	1 2 3 4
Every activity with which your children are involved has been carefully selected with consideration to their particular giftings and interests as well as the well-being of the family unit.	1 2 3 4
You do not need constant entertainment from a TV or computer.	1 2 3 4
You go on adventures as a family often.	1 2 3 4
Your life and daily tasks feel manageable.	1 2 3 4
You restrict your work to a reasonable number of hours.	1 2 3 4
You feel in control of your life rather than a slave to your family's activities and time commitments.	1 2 3 4
Subtotal	_____

STUFF:

Your home storage spaces are proportionately filled with what they can neatly hold and no more.	1 2 3 4
The clothes, shoes and accessories in your closet and dresser are <i>only</i> those that you wear regularly or particularly love wearing.	1 2 3 4
You shop in an intentional way, often checking yourself against purchases you don't really need to make.	1 2 3 4
You have the stuff you need and/or love and nothing more.	1 2 3 4
You get rid of things regularly when you see they're no longer useful.	1 2 3 4
It's easy for you to part with your things for the sake of another who needs them more than you.	1 2 3 4
You are generous with your resources.	1 2 3 4
Subtotal	_____

SELF:

You are content with what you have.	1 2 3 4
Your life is characterized by a spirit of thankfulness.	1 2 3 4
You find joy in simple things.	1 2 3 4
You take time to rest, be still, de-stress, relax, pray and reflect regularly.	1 2 3 4
You find your worth in Christ rather than your material possessions.	1 2 3 4
You understand your purpose and live each day intentionally rather than merely surviving the day.	1 2 3 4
Avoiding and getting out of debt is a top priority for you.	1 2 3 4
Subtotal	_____

Totals

Category	Your Score
Spaces	
Schedule	
Stuff	
Self	
Total=	

Explanations

28-49 COMPLICATED & CLUTTERED:

You find yourself living a cluttered life in a cluttered environment with an undertone of unidentified stress and discontentment. You buy more than you need, have more than you can use, and accumulate debt. Your schedule and family's schedule lacks boundaries, and family relationships suffer as a result. There is a lack of restraint and rest in your life which lead to a joy-void. The day-to-day goal is surviving and the excess of stuff and time-commitments makes that even more difficult.

Action steps: Use the attached Goal Setting Worksheet to identify and set specific goals for your life. Also, consider purchasing a book such as [The Simple Living Handbook](#) by Lorilee Lippincott for a practical and thorough guide to reconsidering your stuff, space and self.

50-91 BURDENSOME & BUSY:

You are in the middle of the "simple" spectrum. Your life is not particularly cluttered nor particularly simple. You are willing to part with needless clutter, but you don't do it often enough. You understand the need for boundaries, but you aren't always thoughtful about how you use your time. You're not committed to living in uncluttered spaces, but nor are you totally overwhelmed by your environment. If simple living is important to you, you have room to grow.

Action steps: Using the subtotals above, identify one area of your life to further simplify. Set specific goals and implement them using the attached Goal Setting Worksheet.

92-112 SIMPLE & SATISFYING:

You've more or less found the joy of simple life. You have freedom from material possessions, function without resistance in an uncluttered home, and rightly prioritize your time. You are likely joyful, less-stressed, and living life fully.

Action steps: Simple living requires commitment and consistency. So, keep at it! Find a community of others committed to this style of living, such as our Embracing a Simpler Life blog or Facebook group. Be proactive about maintaining a simple life and finding new areas to simplify. It's a process! Look back through the inventory for low scores and consider whether these represent changes you would benefit from making. Use the Goal Setting Worksheet for further guidance with this.

Goal Setting Worksheet

1. What statements particularly stood out to you on this inventory as areas of need in your life?
2. In which sub-section was your score the lowest?
3. Within your lowest sub-section, which specific statements were low-scoring?
4. Were there any other low-scoring statements worth mentioning?
5. Now, choose **three** specific areas of your life or home to simplify of those listed above. Remember, you can't do everything at once, so choose your three priorities. List them here:

Now let's turn them into goals.

GOAL 1

What will you accomplish? Be specific and realistic. _____

By when? _____

How will you know you've succeeded? _____

What actions steps will you take to meet this goal? When will you take them? _____

GOAL 2

What will you accomplish? Be specific and realistic. _____

By when? _____

How will you know you've succeeded? _____

What actions steps will you take to meet this goal? When will you take them? _____

GOAL 3

What will you accomplish? Be specific and realistic. _____

By when? _____

How will you know you've succeeded? _____

What actions steps will you take to meet this goal? When will you take them? _____

Recommended Resources

[The Simple Living Handbook](#) by Lorilee Lippincott

[The Simple Home: A Faith-Filled Guide to Simplicity, Peace, and Joy in Your Home](#) by Sharon Hanby-Robie

My blog: www.embracingasimplerlife.com