

the NOTEBOOK MEETING

Assessment #1: My List of the Obvious: (sample)

MY CLUTTER AND CHAOS CATEGORIES:	THE SPECIFICS:
FAMILY	It's hard to manage kids' schedules and cook dinner. Kids are disrespectful. My husband and I aren't communicating well.
HOME	Garage needs cleaning. We need a new refrigerator. Deck needs staining. Kids' bedrooms are a mess. My scrapbooking projects are not finished.
HEALTH	Health is not where I want to be. I'm always tired.
WORK	I want a career change. I want to go back to school.
SOCIAL LIFE	I don't spend enough time with friends.
EMOTIONAL LIFE	Stressful—my parents are struggling with their health.

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HEALTH	
WORK	
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