Congratulations on taking this major step towards simplifying, elevating, and streamlining your home and daily life. Please complete this assessment questionnaire thoughtfully with attention to your goals. These questions are designed to help you create a clear focus and intention, and your answers will inform our work together so that I may provide you with the most fitting techniques to transform your home into a uniquely nurturing and supportive environment.

Simply type your answers into the open boxes; the boxes will expand as needed.

|  |  |  |  |
| --- | --- | --- | --- |
| Name |   |  |  |
| Address |   | City/State/Zip |  |
| Phone # |   | Email |  |
| Occupation |   | Spouse |  |

Please list all the people that live in your home, including yourself.

|  |  |  |  |
| --- | --- | --- | --- |
| Name |   | Date of Birth |  |
| Name |   | Date of Birth |  |
| Name |  | Date of Birth |  |
| Name |  | Date of Birth |  |
| Name |  | Date of Birth |  |
| Name |  | Date of Birth |  |
| Name |  | Date of Birth |  |

For how long, approximately, have you felt the need for decluttering in your home?

|  |
| --- |
|  |

Are there particular areas or items you’re especially concerned or anxious about?

|  |
| --- |
|  |

Do you feel you’re 100% ready to commit to making this change?

|  |
| --- |
|  |

How do you feel when you step into your home? Do your spirits rise or fall?

|  |
| --- |
|  |

Do you find that you like some rooms more than others? Which?

|  |
| --- |
|  |

Would you like to add any further comments about how you feel in your home?

|  |
| --- |
|  |

What is your overall intention for your home? Why did you decide to complete guided decluttering? Please take time to be as thorough as possible.

|  |
| --- |
|  |

**Please review the following 9 themes and associated questions, and assess how satisfied you feel regarding each aspect of your life. In the first box following each question, rate your satisfaction on a scale of 1-5 (1 meaning least satisfied and 5 meaning most satisfied). In the larger box you may add any personal comments as you like.**

**1. Career & Life’s Journey**

* Are you passionate about what you do for a living; does it feel fulfilling?
* Do the people you work around acknowledge and respect you?
* Do you like to try new things; do you feel that anything is possible?
* Are you able to focus on the things that matter?

|  |  |
| --- | --- |
|  |  |

**2. Knowledge, Wisdom & Self-Cultivation**

* Are you currently pursuing your interests?
* Does your life and schedule allow time for cultivating new knowledge and awareness?
* What do you consider to be the most essential pursuits in this area?

|  |  |
| --- | --- |
|  |  |

**3. Family & Community**

* Do you feel your environment fosters healthy interaction within the family?
* Do your family members function with ease in productivity and relaxation?
* Does your family agree on its sense of the value of posessions?

|  |  |
| --- | --- |
|  |  |

**4. Wealth, Prosperity & Abundance**

* Do you consistently buy “extras” of things you like as “backups”?
* Do you find yourself buying new editions of items to impress or align with others?

|  |  |
| --- | --- |
|  |  |

**5. Fame & Reputation (How you shine your light in the world)**

* Do you feel your items align with your “public” identity?
* Are you overly concerned about what people think about you?
* Are there items that you would feel shame over if they were discovered by others?

|  |  |
| --- | --- |
|  |  |

**6. Love & Relationships**

* Do you find it easy to love yourself, treat yourself well, and care for your emotional, spiritual, and physical needs?
* Do you find that you are able to flow with your partner and work together on life’s everyday tasks??
* If you are single, do you feel your home is congruent with the type of home you would want your partner to have?

|  |  |
| --- | --- |
|  |  |

**7. Creativity, Children & Inner Child**

* Are you creative and excited about life and starting new projects?
* If you are a parent do you feel your environment sets a positive example for your kids?
* If you want kids, do you feel you have the proper space and environment?

|  |  |
| --- | --- |
|  |  |

**8. Travel & Helpful People**

* Are you able to receive guests in your home?
* Do you tend to surround yourself with items more than people?
* Do you travel as much as you would like?

|  |  |
| --- | --- |
|  |  |

**9. Health, Unity & Balance**

* Do you have health concerns that seem to go from one thing to another?
* Does your life feel in balance; do you eat well and exercise in keeping with your goals?
* Are the materials in your life non-toxic and high-quality?

|  |  |
| --- | --- |
|  |  |

After reviewing these themes and questions, (and talking with your partner if you have one), please take a few minutes to explain any of these areas that don’t feel good to you right now. Maybe you feel that they are blocked in some way, or that there is something missing or hindering you from living and feeling your full potential. What would you like to change about how your life feels?

**Please explain how your daily life *looks* and *feels* NOW vs. how you would *like* for it to look.**

|  |
| --- |
|  |

Thank you for taking the time to complete this questionnaire. Please email the completed questionnaire with your floor plan at least 48 hours prior to your appointment: Alex@frequencydesigns.org . I look forward to our time together.

**Please note**:

The fee for a Home Consultation is $75 per hour with a three-hour minimum. Payment is due at the conclusion of your appointment. 24 hours’ notice is required for cancellation; any cancellations within 24 hours before a scheduled appointment will incur a $150 fee.

All information you provide will be held in the strictest of confidence. Frequency Designs, LLC, Aalexyz Wilkinson, and her other consultants serve as a reference and guide for decluttering, their services and consultations are not intended as a substitute for the care of a licensed medical provider. Please keep in mind that individual results vary based on client interest and participation; no outcomes are guaranteed.