

LET GO OF CLUTTER

ORGANIZE TO RECLAIM YOUR
INNER AND OUTER LIFE



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INTRODUCTION

Many professionals say that our outer life reflects our inner self. If that is true, hundreds of thousands of us have a psyche that is out of control.

Research from Princeton University found that clutter decreases productivity as the neural circuits in the brain have multiple stimuli competing for attention. The more ‘stuff’ on your desk (or in your home), the more difficult it is for your brain to focus on the task at hand.

Does clutter affect your life? If so, be honest and gentle with yourself - adding shame to the problem only makes it harder.

Disorganization and clutter cause many challenges, including:

1. Personal health - stress and sometimes illness or injury
2. Mental health - mood, overstimulation and hyperarousal, stress, shame, and self-defeating thoughts or behaviors
3. Time management issues - wasted time looking for things and decreased productivity.
4. Relationships - strained relationships, including spouse or partner, housemates, children, and social relationships.
5. Career - decreased productivity, increased stress, lack of attention to detail, and time management issues
6. Finances - buying multiples, buying things you don't need, paying people to help you get and stay organized
7. The list continues...