

Benefits of De-cluttering and Getting (More) Organized



There are so many benefits to be derived from de-cluttering your space and getting (more) organized. Here is a list of some of the more common ones. Hopefully you will be able to experience them, as well as others of your own:

- Ability to find what we need when we need it, lessening frustration and saving time
- Ability to feel comfortable and peaceful in our living and working spaces
- Ability to focus more easily, and ability to focus more easily on what's important
- Ability to know how much we have and where to find it, preventing the buying duplicates!
- Less stress in general, leading to more relaxation, time for ourselves, and life-balance
- Clear space fosters peace of mind. Clutter and undone tasks become irritants, even if we don't realize that they are. Clutter mirrors disorder back to us and can unsettle the mind.
- Lessening of guilt and improvement in how others see us, increasing our self esteem
- Less problems for others, thereby improving our relationships
- Improvement in safety conditions and creation of a healthier environment. We will breathe better and have increased energy.
- Ease around having people over, even at the last minute!
- Improvement in "the flow." Clearing clutter is the first principle of many Feng Shui traditions, and one of its more powerful transformative tools.
- Space created concretely and energetically for "the new" in our lives. Old stuff can keep us attached to the past.
- Role-modeling for children and others
- Increased productivity and creativity
- Space to breathe!!