

Clutter Loves to Hide - 7 Places to Look for it!

By Vicky White

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Clutter is anything unfinished, unresolved, unused, tolerated or disorganized. Clutter is emotional constipation, keeping you stuck in the past and blocking the flow of energy in your life. Clutter loves to hide and here are some places to look for it.

1. Time Clutter – do you have too many things on your to-do list? Do you keep trying to fit just one more thing in? Do you feel under pressure? I have come to accept that I cannot possibly do everything in one day, or even in one week. This takes the pressure off! Are you saying ‘yes’ to what you want to be saying ‘yes’ to?

2. Procrastination – do you put off taking action on some things you want to do, registering for a class, or writing that term paper for example, so your head gets cluttered up trying to remember to do it? Some things are worth taking action on immediately. Some things are worth scheduling so they are not done at the last minute and under pressure, or even worse, are missed.

3. How is your Email Inbox? Do you regularly get it down to 5 or less emails? Clutter in your Inbox will deplete your energy, and you will waste time looking for information. If you use Microsoft Outlook, Nelson Organizer is a program that will instantly organize your email. I highly recommend this product. It has cleared my Inbox, I can find emails when I need them and it's easy to use. Try it for 30 days FREE and see if you can give it up! Check it out:

<http://www.caelo.com/a/rl.php3?l=ARB2U>

4. Your head! Do you have a whole lot of thoughts running around in your head when you get up in the morning? Julia Cameron in ‘the Artist’s Way’ suggests writing Morning Pages. There are 3 pages of free flow

writing. Just let whatever wants to come up, come up. It's amazing what does come to the fore and I have found this a useful tool to start my day with a clear head.

5. Things from the past. Do you have the wedding dress from your first marriage? Do you have books on subjects you are no longer interested in, or are they out of date? Do you have vitamins in your cupboard more than 6 months old – they will have lost their potency. Have you moved from a house into a Condo and still have gardening tools you can no longer use? Do you have your grandparent's clock that no longer works, and you don't even like it? Have you been given gifts that aren't you? Clear this clutter and notice how your energy changes.

6. Do you have things in a storage unit? Do these pass the Ultimate Clutter Test? Do you love them, do you use them, and do they raise your energy? If not, how much is it costing you to store these things. If they disappeared would you miss them? Do you even remember what is in those boxes? How about your garage? Is it so full that your car/s need to sit outside? How much are your cars depreciating by being out in the elements – and are the things in the garage worth that much?

7. Here's a tough one! Are there people in your life who drain your energy? What is it costing you? What do you have invested in staying in contact with them? Maybe they are close family members. Who do you need to be to take care of yourself around them?

Take a quick quiz to find out how cluttered your life is:
<http://www.LifeDesignStrategies.com/ClutterAlert!!.html>

Be ruthless when it comes to decluttering. For the energy to flow easily in your life, and your home, you need to be diligent when it comes to clutter. And there is no hiding from clutter by moving it to the basement, the shed at the bottom of the garden, or even a storage unit. It is in your environment and will still be affecting you.

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