



JUDITH ANN KIRK, ORGANIZING RESOURCES

Clutter Awareness

Clutter Awareness Week is celebrated annually during the third week in March. However, you can celebrate anytime you want, and I would suggest that you do so often. How? Easy. Take a good look around your home and office and ask yourself:

- Are there things that are just taking up space?
- Are there great ideas and unfinished projects that you hope to get to someday?
- Are you keeping things because of a potential usefulness?
- Do you believe that sometime in the future your stuff will have financial value?

Maybe you don't even recognize your stuff as being clutter. Maybe it has been there so long you are blind to its presence, or maybe you have successfully hidden the clutter away in the back of the closet, up in the attic, out in the backyard shed...

Clutter is anything that is taking up space without serving a real purpose. Sometimes it is easier to let clutter stay put than to make some hard decisions about why you are keeping it. Regardless of the reasons, clutter causes stress--physically, emotionally and psychologically.

There is a fine line between treasures and clutter. Become aware of the purpose of everything in your life. Your possessions should enhance your life, not detract from it.

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