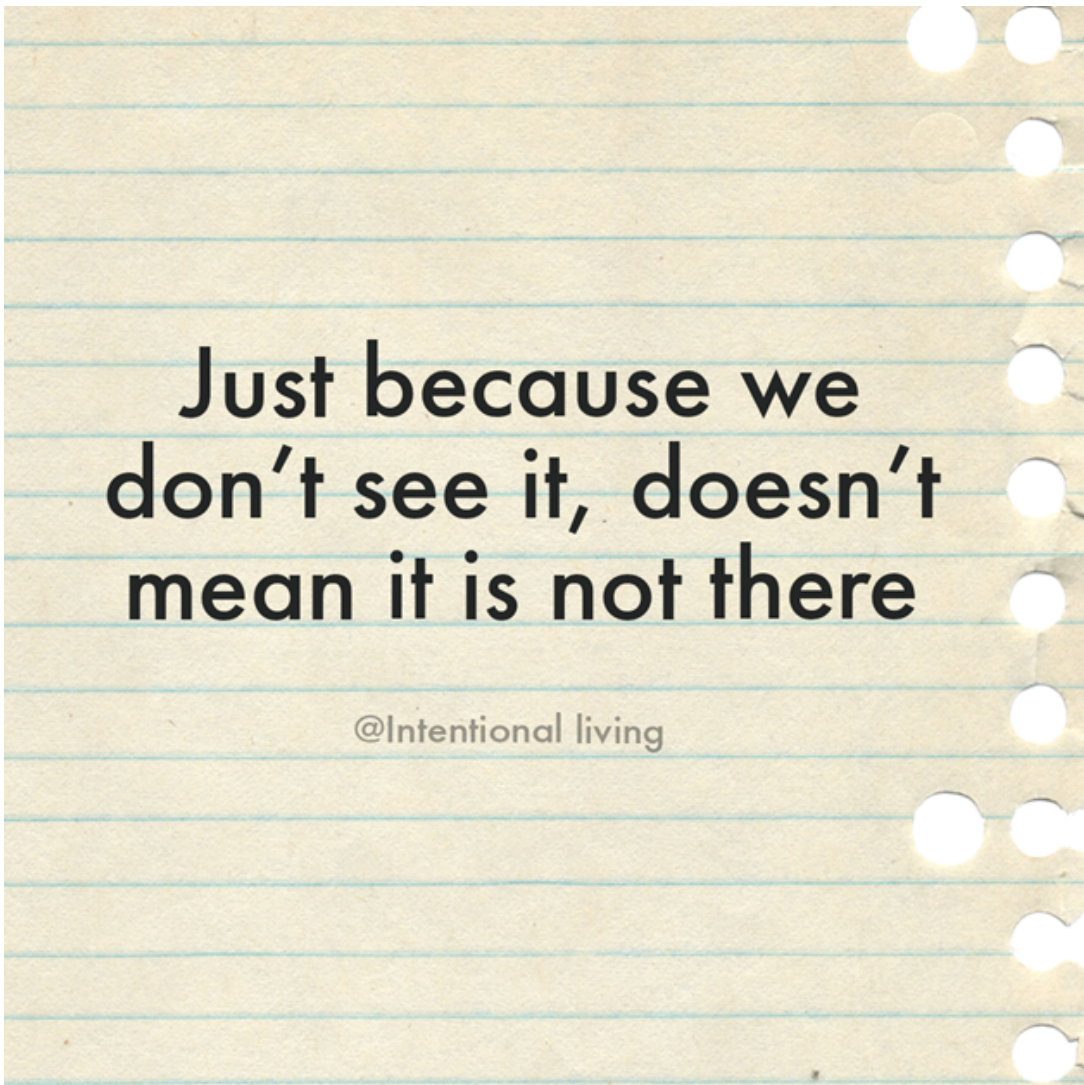


3 Unseen Clutter of Our Life

Quote to ponder



Idea to Consider



Clutter is not just physical stuff. It's old ideas, toxic relationships and bad habits. Clutter is anything that does not support your better self.
- Eleanor Brown

Here are three unseen clutter in our life.

1. Time

Time is the only thing that is finite for all of us. We all have 24 hours and many of us really are unaware of where are we spending our time. We are more engaged in things that we have to do rather than things that we need to do.

Saying yes to everything is the root cause of an unstructured management of time. Over-committing and spreading yourself too thin often unconsciously invites 'commitment clutter' in life.

2. Mind

A cluttered mind is not only full of thoughts, knowledge, and information but full of worries, fears, problems, and things to remember. Too much stuff in the mind leads to mental fog causing unclarity and lack of focus. Hence, we end up feeling stressed, distracted and procrastinate often.

The physical clutter of the day is a reflection of our mental clutter of the day.

3. Habits

Habits = Character

Most of us often struggle to get where we want to be in life not because we don't know how to get there, we struggle because don't know how to deal with our habits to reach there.

Habits are nothing but things that we do without even really noticing we're doing them. Some habits are helpful and others aren't. Period.

Our time, mind, and habits mostly become the dumping ground and storage areas for the clutter of everyday life. It is important that we identify this clutter which is beyond just visible stuff and cultivate a simple, intentional, and meaningful life.

A cheat sheet to experiment

Time	Look at your calendar now. Can you pick just one activity in the next month or so to cancel, decline or postpone. What will you do with that time instead?
Mind	Begin clearing the clutter from your mind by getting your thoughts out of your head and down on to paper.
Habits	Declutter your habits and make sure that you try to nurture healthy, positive habits instead of self-destructive, negative habits.