Week Three | DAY 17

Physical Clutter = Mental Clutter

Recognizing Problem Areas:

When you are at home, where do you spend the most time? Are these areas cluttered? Are there certain places in your environment that you tend to avoid? Why do you think you avoid these areas? Do you ever feel anxious or stressed because of your physical surroundings at home? Are there rooms in your home that are organized but still feel cluttered? What are some things you could do to visually remove the clutter?

Spend some time reflecting on how your surroundings affect your mental state:

What are a few things you can do this week from this lesson to reorganize your environment? When will you tackle these tasks?

Things that don't yet have a home:

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Ideas for where they will now live:

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