

# CLEAR THE CLUTTER

## SIMPLE TIPS TO CLEAR THE CLUTTER

### CREATE AN EVENING CLEANUP ROUTINE

Tidy up your spaces at the end of each day.

### HIRE SOME HELP

Experts can help you develop criteria for what stays and what goes, and bring order to the chaos.

### HONOR YOUR PREFERENCES

Pay attention to how you feel in cluttered versus uncluttered spaces, and honor your preferences.

## YOUR WELLBEING ACTIVITY

### CLEAR THE CLUTTER

Choose a workspace, room, or section of a room that you spend the most time in, and remove distracting items.

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