

How the Declutter Method Can Change Your Daily Habits

Decluttering and organizing your home does not have to only occur once a year as the spring begins to arrive. Taking the time to organize and declutter your home frequently throughout the year is a way to drastically improve and impact your daily life. When you want to live a happy, healthy, and fulfilling life, begin making the necessary changes in your own home with a bit of decluttering and organization.

Give Yourself Room to Breathe

Walking into a space in your home that is cluttered and littered with papers, clothing, and other personal belongings can feel daunting and cramped. Cleaning and organizing all areas of your home is a great way to give yourself room to breathe and simply relax. Eliminating unnecessary clutter and junk from your home is also optimal if you are interested in boosting the overall air quality in your current living space. Without piles of junk, paperwork, clothing, and unnecessary items, you can enjoy more breathing room without causing your rooms to feel stale.

Feel Refreshed Each Day

Waking up in a clean and organized home is a great way to boost your mood while providing you with the focus and mental clarity necessary to take on the day. When a home is organized properly and decluttered, it is much easier to find peace of mind while unwinding, relaxing, or even working for the day.

Find What You Are Looking for in Less Time

Living in an unorganized home is challenging, especially when you are searching for your personal belongings or a specific piece of paper. Not knowing where items you are searching for are can quickly become irritating, stressful, and frustrating (causing a negative mood). Get organized by investing in

plastic totes, wooden boxes, and other organization tools that blend with your current lifestyle and the type of belongings you own.

Avoid Feeling Cramped and Overwhelmed

Living in a cluttered and unorganized space can quickly become daunting, cramped, and overwhelming. When you no longer feel at home or you are unable to gain peace of mind when returning home from work each day, it is likely time to consider a serious decluttering and organization plan of action.

If you are still overwhelmed at the thought of decluttering and organizing your entire home, consider working on one room at a time to minimize the stress of moving forward. When you feel cramped and overwhelmed in your own home, it is much more difficult to feel creative or excited about other areas of your life. Improving the quality of your living environment is one of the best ways to ensure you are making the most out of your life and the home you live in.

Understanding the role that clutter and disorganization play in the home is essential when you want to make positive changes for the better in your everyday life. When you know how to remain organized and without clutter, take the proper actions to ensure you maintain a clean, organized, and welcoming home at all times.

Enroll now in a 4-week course to Declutter Your Life – get weekly motivation including checklists and worksheets to clear up your personal spaces as well as your mental space!

Ready to Declutter Your Life?

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