



Cutting Through the Clutter



TARGET AUDIENCE:

ANYONE SEEKING TO REDUCE THE AMOUNT OF CLUTTER IN THEIR LIVES



EXPECTED DURATION:

45-60 MINUTES



Overview/Description:

Most people have no idea how much their clutter affects them. It can affect their productivity, their self-esteem, their social life and even their weight! People who live with excess clutter say they can't find the energy to begin to clear it. They constantly feel tired and overwhelmed. When surrounded by clutter, it is impossible to focus or have clarity about life. In this workshop you will learn that clutter is not the result of sloppiness, laziness or incompetence but several surmountable obstacles. Recognizing the source of your clutter problem can empower you to address the problem directly and without shame.

Workshop Objectives:

At the end of this workshop, you will be able to identify the three sources of clutter:

Describe solutions involving a technical problem

- Items that have no home
- More stuff than space
- Inconvenient storage

Describe solutions involving an external problem

- Unrealistic workload
- Undermined by others
- Life transitions
- Limited space

Describe solutions involving an internal problem

- Sentimental attachments
- Need for abundance
- Thrill of distraction
- Protective clutter shield
- Hoarding Disorder and ADHD