

Clear the Chaos

Overwhelmed by too much stuff?
You're not alone — most Americans feel the same.



1 in 4 can't
use the 2nd car
garage space



50%
have a room
unsalvageable
with clutter



16 minutes
per day looking
for lost stuff



Clear Space, Clear Mind

Reduce stress and chaos with these tips to bring more calm into your life.

Commit to weekly decluttering, even if it's just a single drawer or closet.

Start by tossing easy, obvious items (e.g., mystery cords, old takeout menus, expired products, orphan storage lids).

Take photos of sentimental items you don't have room for, then sell, donate or toss.

Call a local nonprofit (The Salvation Army or AMVETS) to come pick up items for donation.

Be honest with yourself. Does an item still fit into your lifestyle? Or do you feel "obligated" to keep it?

Don't Forget to Do a Digital Detox

Put on a favorite show or music and then...

- **Clean out your inbox: set a timer for 15 min.**
- **Unsubscribe from newsletters, promotions, etc.**
- **Delete apps you don't use.**

If you have any questions, I'm here to offer clear, concise information you can trust. I can also connect you with a reliable home cleaner or professional organizer from my network if you need extra help with home maintenance or organization.