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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

7 Ways to Leave Your Clutter

By Barbara Myers

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Everyone has some degree of clutter lurking at home. When you're tired of moving it around, stepping over it and losing important items in it, it's time to take control of the clutter. But what should you do with it? You have seven options:

1. Dispose of it. Much of clutter is trash you either thought you might need or figured you'd throw out later.
2. Put it away. About half of the remaining clutter in most homes consists of items that simply haven't been put away. Fill a laundry basket then deliver the items to the proper rooms. Avoid this trap by making things easy to put away and by enforcing a family "use it and put it away" rule.
3. Donate it. If you don't use it, it's not a treasured decorative item or memento, and it's not an important piece of paper, get rid of it. Pass it along to someone who might need it.
4. Refer it. The novel you've been saving for Debbie, the recipe you copied for Aunt Jan and the gloves borrowed from Mom need to be sent or delivered to their rightful owners. Place them together and make your rounds tomorrow.
5. File it. Set up a "hold" file for wedding invitations and concert tickets (after you mark them in your calendar). Set up a "to file" file for all your important papers.
6. Fix it or have it repaired today. Those buttons aren't going to sew themselves. Either mend them or take them to a seamstress. The same goes for the broken toys and watches.

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7. Give it a home. Everything else is something that belongs in your home but you don't know what to do with it. Where DO you put extra batteries and your kids' artwork? Designate a permanent place in your home for each group of items you find in a clutter pile. Simplify by making a list of items and where they belong.

Barbara Myers is an author, speaker and professional organizer. Enjoy a FREE "50 Ways to Manage Your Time" tips booklet. Visit <http://www.ineedmoretime.com>

2 Easy Steps To Stop Clutter

By Alison Perry

Don't Let The Clutter In!

2 Steps to Stop Clutter Collecting

How do we collect clutter in the first place? After all we came into the world possession free!

Its all in the Be Clutter Free Equation

Items In minus Items Out

If you are happily removing clutter but are adding things just as fast then you won't ever feel clutter free.

Step One

Identify where the clutter is coming from. Observe your life and you will find your clutter collection spots:

Junk Mail: Do you have a pile which contains things you will look at `one day'? When was the last time you looked at anything in the pile?

Email: Do you get lot's of unwanted email? Or are you inundated with Newsletters (!!!???) that you thought would be a good idea?

Gifts: When you receive unwanted gifts do they lurk at the bottom of a cupboard?

Shopping: Are you always tempted to purchase things: books, clothes, storage solutions, etc and then find that you don't really use or enjoy them?

Undone Tasks: Is your mind cluttered with tasks `to be done' that never seem to get to the top of the list?

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Ideas: Are you a creative person whose head is always so full of ideas that it drives you crazy?

Step Two

Stop and Create Systems that work for you! Here are some ideas:

- One in one out. If you buy a new item then another can go
- Purchase only consumables for a set amount of time
- When you are about to make a purchase ask yourself: `Do I really need this? Do I really want this? Will this add value to my life?'
- Unsubscribe to unread newsletters - cut the clutter in your inbox
- Get taken off the junk mailing contact lists
- Put all your ideas on paper, into a folder and off your mind
- Open your mail by the waste bin - dispose of junk mail straight away
- Talk to friends and family about gifting to charity on your behalf or be brave and let them know what you'd really like

for your birthday!

Rejoice!

Enjoy what you have and..... work towards a vision of your perfect environment.

Shed your physical and emotional clutter and find your true self and unlimited potential. Happiness starts with being the real, authentic you. I help clients access their, sometimes lost, authentic selves and realize their desires. To start your journey straightaway:



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