

## **Everyday Organizing Solutions by Sherry**

### **The Importance Clearing Clutter Plays in Enabling an Inspired Life**

Inspired living is about being present and in the moment. This is hard to do if you have the burden and stress of physical and mental clutter around you. Whether the clutter is in your home, in your car, in your office or in your brain, clutter can drain you of the vital energy needed to live an inspired life.

Choosing not to be overwhelmed by clutter lets you be present and in the moment. Don't let clutter prevent you from achieving your dreams. As a Professional Organizer working with many different types of clients, I have found that the key to accomplishing the goal of being organized is to do a little organizing at a time but constantly be working toward a large overall organizing plan. Getting rid of physical and mental clutter frees you and makes you open to having a living space you love and feel inspired in. Clear out what's around you and what may be holding you back. This process will help you to get unstuck.

A wonderful strategy is to look online or in magazines for pictures of spaces that make you feel: inspired, excited, free, lighthearted, delighted and energized and move toward making your space emulate what you have seen. Leave past failures in the past, except maybe to learn a bit from them. Create a space that you truly love.

Purging lets you be present and in the moment. Make a conscious choice not to be surrounded by clutter. This will free you up to find inspiration in ordinary things. Harmony is about being engaged and in the moment. Stop to appreciate what you have and what is around you. Take time to appreciate the little things. I have a client who I so admire. She is a busy business executive with her own bustling business and many clients and work partners. She has two adorable kittens and as we are working together on our organizing projects, she will take a moment to be delighted in the simple joy of watching her kittens play and will stop and spend a bit of time playing with them. She truly gets pleasure out of seeing how adorable they are. It is so refreshing to watch.

Imagine yourself in a cluttered space and think about how hard it is to function at your best when you are distracted by all of the stuff around you. Then, think how about how inspiring it is to be in a space where there is a place for everything and one that is easy to maintain and looks tidy. I strongly believe that you have to attack the clutter in your life in achievable bite size pieces and that this will enable you to move toward the inspiration you seek in life.

Sherry Onweller, Professional Organizer, is the owner of Everyday Organizing Solutions by Sherry, a Professional Organizing Company in NJ, offering customized organizing solutions to residential and business clients. To learn more, visit [EverydayOrganizingSolutions.com](http://EverydayOrganizingSolutions.com) or contact Sherry at: 908-619-4561.