



Susan Chan at New Horizons Mind De-clutter

Do you ever feel that you are dragged down by an accumulation of tasks?

We can be just carrying on with our lives and then realise that we are surrounded by unfinished jobs and incomplete tasks.

Our house/ hut/ office/ garage are all groaning under the volume of clutter.

Or it may be that we wish to try out new hobbies or travel or get fitter or spend more time with the family or leave work before 6.00pm or.....

The trouble is that the same can be occurring in our minds. You may experience turmoil. So it is time to take action and identify what it is you are tolerating!

Now is the time to make a list of all the tasks that require to be fixed, tidied or completed. You may have a separate list for home and work. Clutter drains your energy. So free up your mind and your spaces. Start today!

It is important that you make a start today. So start to make a list of what needs to be de-cluttered, both in your mind and the spaces around you. Use a priority code. 'A' for tasks that have top priority. (For example this week and should be done first), 'B' for medium priorities and 'C' for tasks that should be completed within a month.

- 1.....
- 2.....
- 3.....
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- 12.....