

## Clear Clutter

Clutter can take many forms. Each form can impact us mentally, physically and emotionally. It can be physical, like a messy desk or closet. It can be emotional, like having too many feelings to deal with at one time. It can be mental; what thoughts might you be thinking that are getting in the way of having clarity? Take a few minutes and identify one area of your life that has some clutter in it and begin to reduce the clutter in your life.