

The Costs of Clutter

We live in an overstuffed world. Houses and offices are filled to the brim, yet advertisers beg us to buy more. This new item is better than any we've ever made? Is it? Do you really need a new one that badly? Do you already have one? If you don't already own it, will you use this new item? Or is it just going to take up more space?

What does it really cost you to have clutter? Here are five major costs of clutter:

Time

Clutter costs you time. Time to clean it up. Time to find it again. How much time do you lose because you have piles and piles of papers or clothes or toys or whatever else piled up? How much time do you waste looking for something you know you have SOMEWHERE? How much time do you lose because you were late for work because you couldn't get dressed in time or forgot something at home? Time, the one thing we can't ever get back.

There is no such thing as actually saving time, but when you get organized you won't waste time. You can have MORE time. You can find things quickly and easily and not waste your valuable time looking for things.

Money

Clutter costs you money.

The money you spend to rent a storage unit to hold your "stuff." (which you're not using since it's in a storage unit.)

The money you spend on duplicates because you can't find the original, and you need one now.

The money you waste on things you don't use.

The money you overpay because you buy something at the last minute.

The interest and penalties you pay because you didn't pay a bill on time.

The promotion you didn't receive because your office was disorganized and you didn't get your work done on time.

Now imagine you had all that extra money. What would you do with it?

Health

Being disorganized can cause frustration and stress which can lead to other health problems from being tired to headaches, a lower immune system, more colds, or more serious results like ulcers, high blood pressure or heart attacks.

Getting organized can be a sound investment in your health and your emotional well-being. You could be losing years off your life if you're constantly sick, and it might even cost you a promotion because you miss days of work. By getting organized, you can gain years of your life by being healthier.

Space

Do you have piles of stuff all over the place?

Are there rooms you have to shut the door so no one sees the clutter?

Do you have to walk around clutter to get somewhere?

Do you throw things in bags when company comes and shove it into a closet or room?

Do you sometimes wish you had more space for the things you really use?

Many people go into the country for the "wide open space." they don't have in the city.

Do you have to get organized to achieve some "wide open space" in your home or office?

Reputation and Relationships

Do you miss family birthdays? anniversaries? reunions?

Do you forget important appointments at work?

Do your co-workers tease you about your lack of organization?

Does your boss reprimand you for turning work in late?

What effect does it have on your job?

What effect does it have on your reputation with co-workers or your boss?

What effect do you think clutter has on your family?

What effect does it have on your spouse?

What effect does it have on your friends or neighbors?

Clutter can prevent people from wanting to work with you, giving you a raise or promotion, or asking to have you on their project team.

Clutter can affect your relationships with friends, neighbors, your boss, your children and even your spouse. Children might be afraid to invite friends over for fear of their seeing a messy home. Your spouse might be frustrated at walking in the door to a kitchen sink full of messy dishes and constant late dinners. The love and laughter you want in your life are diminished by stress and frustration.

Getting organized can help you feel relaxed, less stressed, more self-confident and in control. Don't let the costs of clutter run your life.

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