

If you've ever heard that you need inner peace before you can have outer peace, I'm going to disagree.

It was through visual peace that I created with my home that I finally found inner peace.

That's because the stuff in my head about the condition of my home was all I thought about - that and the number I saw between my toes every morning.

Making peace with your environment is the first step in making peace with yourself.

And here's why:

The science is very clear - clutter and disorganization have a cumulative effect on our brains.

When we're living in visual chaos, we feel the impact inside.

Marie Kondo's show Tidying Up was an instant Netflix hit!

I was struck by the emotional connection everyone had with their stuff, how it made them feel and the desire for one thing - peace and a lovely home - while dealing with the inner conflict of not being able to let go of their clutter.

For the record, I'm a FlyLady fan (using Baby Steps) and not a Kondo fan of taking everything out and going through it all - this is too much and too overwhelming in my opinion.

Clutter messes with your peace.

It interferes with other aspects of life and comes between you and your goals and the vibrancy you're seeking.

Research shows that the visual distraction of clutter creates cognitive overload and reduces working memory.

Clutter creates more cortisol and leaves you in a low-level fight-or-flight response.

Did you know 66% of folks with clutter feel anxious?

Clutter creates a chemical imbalance, which makes us:

- less likely to sleep well
- more inclined to get sick
- at greater risk of type 2 diabetes

- more inclined to make poor food choices
- more prone to snack and eat junk food

The result? We're anxious, stressed out, and consumed!

A Yale study found that clutter negatively influences the perception of our homes and ourselves, and ultimately our satisfaction with ourselves.

So what can we do?

1. Conquer the clutter. Get rid of the unnecessary stuff - boxes, bags, old clothes etc. Donate the things of value or give them to someone.
2. Tackle one room at a time - we're too scattered otherwise.
3. Baby Steps (see FlyLady) and Routines. She's right - this is the framework!
4. If you take it out, put it back. There are TikTok videos showing this, where it becomes a mantra.
5. If it's a project, treat it as such with deadlines, steps, and planning involved.

6. Dress for it - no flip flops and jammies. Put on sneakers and get ready to put in the work required.

7. Decorate later - but create a Pinterest board of what you like.

8. Vibrant Vision Board - your home is a reflection of YOU.

9. Make your bed DAILY! Psychology Today says that 71% of bedmakers are happier. This is the first accomplishment of the day and gets you off to a good start.

*Unofficial 10: Educate your significant other with this fine piece of wisdom...😁

