



create space. make time.

streamlife

an organizing company



The benefits of de-cluttering

1. **A serene environment provides peace of mind.** The most obvious benefit of editing your space to house only what has a purpose or what is beautiful to you, is the feeling you have when you are living in the space. You will no longer be visually overwhelmed and stressed by the sheer volume of 'things'. Not that you should aspire to live this way, but keep in mind the feeling of relaxation found in an elegant hotel room. Less really can be more.
2. **Less stuff = more time and more space.** Be aware that everything you own takes time and space to manage. Whether it be sorting it, rearranging it, cleaning it. The less you have, the less time it takes to manage.
3. **A place for everything leads to smoother family living.** If you and your housemates know where items are stored, it's easier for everyone to find what they need, and tidying up becomes a simple activity. If things have no home however, it is easy for the piles to mount and a space to quickly feel out of control. The more people sharing a space, the more important it is to have homes for everything.
4. **Eliminate clutter to be able to focus on what's important.** The extra things in our lives not only take up time, physical space, but also mental space. The bins of photos in the basement that we keep meaning to get to actually divert some of our mental energy. Ever get that feeling of "Oh no – they're still there...waiting for me." when you see that bin? Living with less distraction enables our minds to be less distracted and more creative.
5. **Know what you have to avoid making duplicate purchases.** Ever think you've run out of something, go out to buy another one, and later on discover that you already had one or two or three of that item, just not where you expected to find it? If items have a designated home, you can avoid buying duplicates, whether it be black sweaters or cans of artichokes. That money and time can be better spent.
6. **Reclaim your social life.** Has your home got so cluttered that you're no longer comfortable inviting people over? If we are embarrassed by our homes, which are perceived as extensions of ourselves, then we are less likely to have friends and family spend time with us at home. Edit your possessions and place your furniture to create a welcoming space to connect with others, and you'll find you won't miss your stuff.