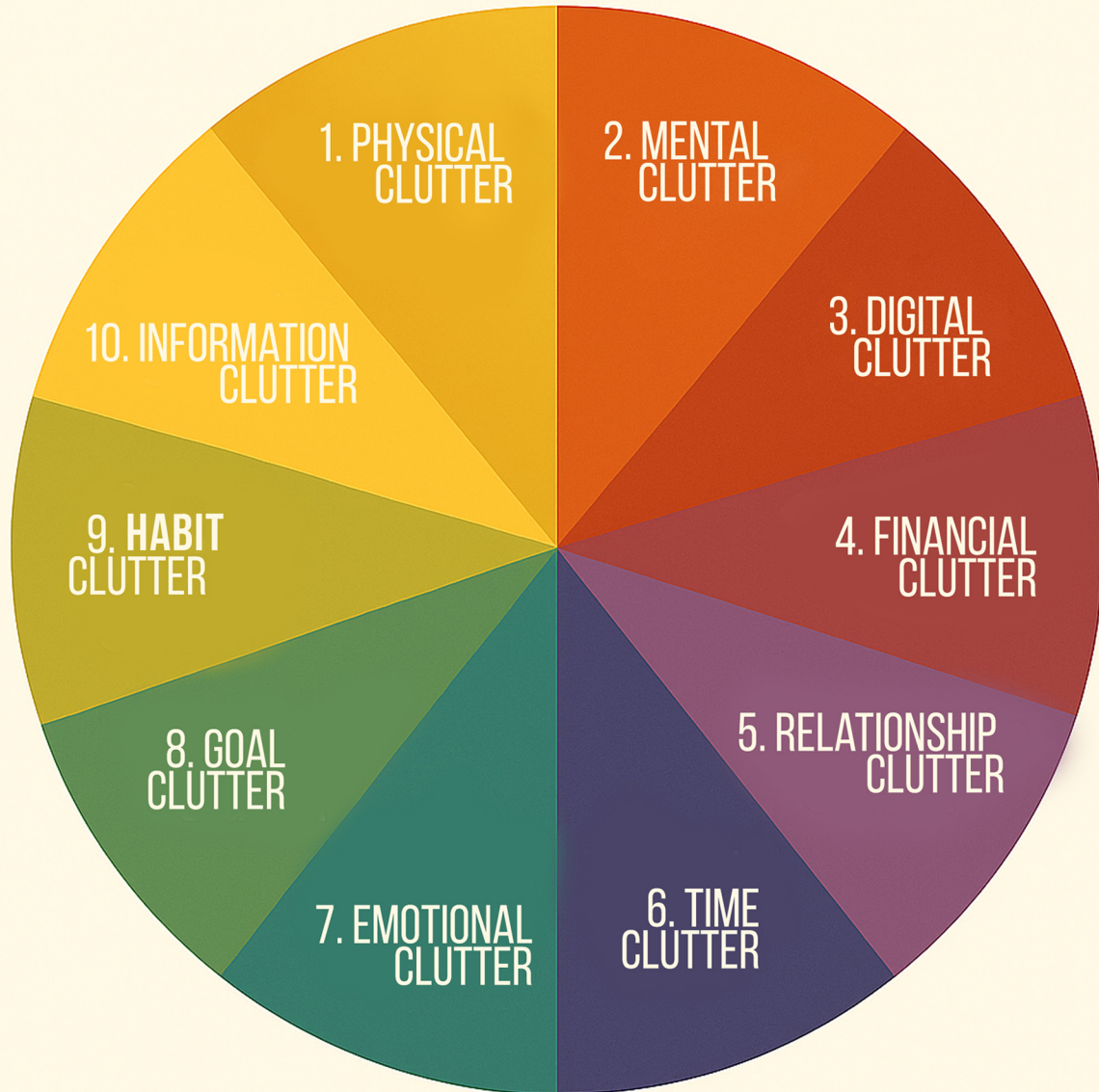


10 TYPES OF CLUTTER



1. PHYSICAL CLUTTER

TANGIBLE MESS OR EXCESS ITEMS IN YOUR SURROUNDINGS THAT CREATE DISORDER.

2. MENTAL CLUTTER

THOUGHTS, WORRIES, OR MENTAL "TO-DO LISTS" THAT CROWD YOUR MIND AND CAUSE STRESS.

3. DIGITAL CLUTTER

DISORGANISED OR EXCESSIVE ONLINE AND DEVICE-RELATED CONTENT THAT DISTRACTS AND DRAINS FOCUS.

4. FINANCIAL CLUTTER

DISORGANISATION OR CONFUSION AROUND MONEY, SPENDING, AND FINANCIAL COMMITMENTS.

5. RELATIONSHIP CLUTTER

PEOPLE OR SOCIAL CONNECTIONS THAT DRAIN ENERGY RATHER THAN SUPPORT WELLBEING.

6. TIME CLUTTER

MISUSE OR POOR MANAGEMENT OF TIME, LEADING TO BUSYNESS WITHOUT PRODUCTIVITY.

7. EMOTIONAL CLUTTER

UNRESOLVED FEELINGS OR EMOTIONAL BAGGAGE AFFECTING MOOD AND DECISION-MAKING.

8. GOAL / PRIORITY CLUTTER

TOO MANY CONFLICTING AIMS OR SHIFTING PRIORITIES THAT STOP PROGRESS.

9. HABIT CLUTTER

UNHELPFUL OR TIME-WASTING ROUTINES AND BEHAVIOURS THAT DON'T ADD VALUE.

10. INFORMATION CLUTTER

OVERLOAD OF INCOMING DATA MAKING IT HARD TO PROCESS OR ACT EFFECTIVELY.