Improve Your Productivity and Focus with an Organized Space

Do you feel like you just can't focus enough to get anything done? Your clutter could be part of the reason why. When you're surrounded by junk, knick-knacks, and things you simply don't use anymore, it's difficult to feel truly serene in your own space. That, in turn, makes it difficult to get into a flow state and do effective work. Here are four reasons why clearing out your clutter will bring about an improvement in your mental clarity and ability to get things done. 

**1. When Your Surroundings are Clear, Your Mind is Clear**

People tend to thrive in clean, spacious, organized environments. It's hard to relax and feel good in a room that's cramped and jumbled with odds and ends. Clutter isn't just unsightly -- it's stressful, and it takes up your mental bandwidth, whether you realize it or not. Cleaning up allows you to get into a truly relaxed and focused state of mind. 

**2. Say Goodbye to Clutter and Goodbye to Mind Stress**

When your space is cluttered, your life can feel a little out of control. It's easy to lose important things, like that bill you need to pay this week, in piles of other stuff if you aren't organized. Paring back your belongings and keeping them neatly sorted will help you find everything you need, right when you need it. 

**3. Getting Rid of Clutter Can Improve Your Health**

When you take the time to tidy up your house regularly, you're more likely to make the effort to take care of your body as well. In part, this is because decluttering puts you in a positive, can-do frame of mind that carries over into other areas of your life. It's also because people tend to feel more positive and have more energy when they spend time in clean, non-cluttered environments. When your surroundings make you feel better on a day-to-day basis, you'll be more likely to make the effort to exercise and cook healthy meals instead of ordering takeout and watching TV. 

**4. Staying on Top of Clutter Gives You a Sense of Control**

Being a control freak gets a bad rap, but the truth is that humans need a sense of control over something to be happy. Of course, that doesn't mean you should try to control everything around you, but you can definitely control the clutter levels in your house, car, and office. You'll likely find that keeping your personal space clear and clutter-free gives you a sense of happiness and pride. 

**The Takeaway**

Decluttering is popular for a reason: it's an effective technique for improving your life in a number of ways. One major benefit of decluttering is that it can help you focus better. When you make decluttering a regular part of your life, you'll probably find yourself getting more done at work and adopting healthier habits at home. Your surroundings influence your mind, so why not declutter to set yourself up for success?