



*“Clearing clutter in your physical space
will go a long way in clearing
the clutter in your mind.”*

PETER WALSH

N A D⁺ O V I M[®]

ORGANIZE YOUR SPACE FOR PRODUCTIVITY

Declutter Your Environment

Your environment greatly impacts your internal feelings and productivity, and vice versa. If you live or work in a cluttered space, your mind is going to feel cluttered - and possibly, overwhelmed. If you feel overwhelmed or anxious, your space may reflect that with a mess or clutter.

Organizing the environment you live in - for example, cleaning and organizing your desk or closet - can have a profound impact on your ability to take in new information. It provides mental clarity and limits your distractions. Declutter your life by taking on a more minimalist approach. Strive for quality over quantity. And take ownership of the space you occupy. Creating your optimal environment will lead to higher functioning and improved mental health.

Your brain is the most precious resource you have.

Love it. Nourish it. Unleash it.

Place this card somewhere you will see it and use when needed.

stay sharp!

- Jeann Nadovim

HOW TO USE IT

- Consider giving away items that you don't use. If it isn't serving you, get rid of it. Designate certain bags or bins for these purposes. And try to make it fun by throwing on music or inviting friends over.
- Create 'sacred' spaces - areas in which you perform a certain activity. Begin by brainstorming activities you would like to be able to perform in your space like meditation, yoga, reading, etc. Write them down. Now, imagine yourself doing them. What would this look like?

Learn more at nadovim.com/tips