



## Things to Ponder

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## One Thing

*By Judi Moreo*

**Ever feel like everything in your life is out of control and dealing with it all is completely overwhelming?** Most of us have. For many of us, it is because somewhere along the line, for reasons of which we may or may not be aware, clutter has crept into our lives. It has stealthily invaded our homes, our offices, our cars and our minds. It is so much a part of our everyday life, we no longer recognize it as the intruder and enemy it is.

We all have clothes we no longer wear, recipes torn out of magazines we've never cooked, papers we need to look at, file or throw away but haven't. We also have old beliefs about ourselves, ideas that no longer serve us, other people's opinions and the daily news cluttering our minds. No wonder we can't find the time or energy to do the things we want to do and feel overwhelmed. We become paralyzed by our clutter.

Ideally, our homes should reflect our own peaceful, joyful spirits. Unfortunately, most of us have minds cluttered with tensions, fears and disappointments. The clutter in our lives reflects our own inner turmoil.

There is good news, however, for the chronically over-cluttered, over-worked and over-whelmed. We can change the status quo in our lives. It is possible to find our way out of the maze of clutter and make a clean, fresh start. It begins by making a conscious decision to do ONE thing; to throw away, donate or sell ONE thing; to let go of ONE idea. When we have done that, it is easier to do ONE MORE. It may take time, but a commitment to changing our thinking and habits can lead to an organized, comfortable and clutter free existence.

The bonus is that it also leads to a more peaceful, joyful and successful life...one day, one thought, one thing at a time.

Posted with permission from Judi Moreo

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