

Title:

Ditch Clutter to Tune In Your Intuitive Vision

Word Count:

896

Summary:

Ditching clutter enables you to tune in your intuitive vision and connect with future success.

Keywords:

Vickie Milazzo, self-help, self improvement, organization, organize

Article Body:

Without even realizing it, we wake up daily to clutter pouring in constant television or the I

Vision is essential to success. Yes, you can stumble on a great idea without knowing where you

To conceive any vision you must first get quiet. Remove the clutter and turn down the volume.

I started with my physical environment, which is the easiest to control. I successfully create

I appreciate that these activities are some of the most common ways to relax. But you cannot w

As with most ambitious endeavors, eliminating all the clutter in your life can be overwhelming

1. Clear your space. Unclutter your physical environment at home and work. Take 10 minute

2. Unclutter your mind. Eliminate one outside stimulus, one TV show or one chatty phone c

Be equally selective about how you spend time with friends and family. You might not t

3. Put off procrastination. Procrastination leads to worry and anxiety, which is mind clu

Eliminate one area of procrastination each week. Schedule it in your calendar, as you would an

Yet, procrastination is not always bad. I hear people say, ^finish what you start~ or ^you had

In the emergency room all nurses learn the value and skill of triage. When several patients co

Selective procrastination also eliminates unnecessary busyness. Imagine a low-priority task'pe

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