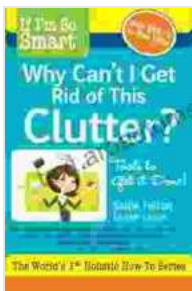


If So Smart Why Can't You Get Rid of This Clutter?

Are you a smart person who struggles with clutter? If so, you're not alone. Many intelligent people find it difficult to declutter their homes. In fact, a study by the National Association of Professional Organizers found that 80% of people with cluttered homes have above-average IQs.



If I'm So Smart, Why Can't I Get Rid of this Clutter?: Tools to Get it Done! (If I'm So Smart Series Book 1)

by Sallie Felton

★★★★☆ 4 out of 5

Language : English
File size : 714 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 221 pages
Lending : Enabled
Screen Reader : Supported



So why is it that smart people often struggle with clutter? There are a number of psychological reasons that may contribute to this phenomenon.

1. Smart people are often perfectionists.

Perfectionism is a personality trait that is characterized by a need to be perfect in all that one does. Perfectionists often set high standards for

themselves and may be reluctant to get rid of anything that they believe might be useful in the future. They may also be afraid of making mistakes and may procrastinate on decluttering tasks because they are afraid of not doing them perfectly.

2. Smart people are often creative.

Creativity is a personality trait that is characterized by the ability to generate new ideas and solutions. Creative people may be more likely to accumulate clutter because they are always coming up with new projects and ideas. They may also be more likely to hold onto things that they believe might be useful in their future creative endeavors.

3. Smart people are often busy.

Smart people are often busy with their careers, families, and other activities. They may not have the time to declutter their homes and may be more likely to put it off until they have more time. They may also be more likely to accumulate clutter because they don't have the time to put things away properly.

4. Smart people are often hoarders.

Hoarding is a mental disorder that is characterized by the excessive accumulation of possessions. Hoarders may be reluctant to get rid of anything that they own, even if it is no longer useful or valuable. They may also be afraid of making mistakes and may procrastinate on decluttering tasks because they are afraid of not doing them perfectly.

If you are a smart person who struggles with clutter, it is important to know that you are not alone. There are many other smart people who face this

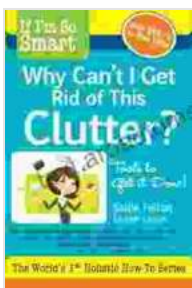
challenge. However, there are also a number of things that you can do to overcome this challenge and declutter your home.

10 Tips for Smart People Who Want to Declutter

1. **Start small.** Don't try to declutter your entire house all at once. Start with one room or even one closet. Once you have decluttered one small space, you will be more motivated to continue decluttering the rest of your home.
2. **Set realistic goals.** Don't expect to declutter your entire home in a week or even a month. Set realistic goals for yourself and work towards them gradually.
3. **Sort items into piles.** As you declutter, sort items into piles: keep, donate, throw away, and recycle. This will help you to make decisions about what to do with each item and will make the decluttering process more efficient.
4. **Get rid of anything that you don't use.** If you haven't used an item in the past year, it's time to get rid of it. Don't hold onto things just because you think you might need them someday. If you haven't used it in the past year, you probably won't use it in the future.
5. **Be ruthless.** Don't be afraid to get rid of things that you don't love or that no longer serve a purpose in your life. If you're not sure whether or not to keep something, ask yourself: "Does this item bring me joy?" If the answer is no, get rid of it.
6. **Put things away properly.** Once you have decluttered your home, make sure to put things away properly. This will help to keep your home clutter-free in the future.

7. **Don't be afraid to ask for help.** If you're struggling to declutter your home on your own, don't be afraid to ask for help from a friend, family member, or professional organizer.
8. **Reward yourself.** Once you have decluttered your home, reward yourself for your hard work. This will help you to stay motivated and will make it more likely that you will keep your home clutter-free in the future.
9. **Be patient.** Decluttering is a process that takes time and effort. Don't get discouraged if you don't see results immediately. Just keep working at it and you will eventually reach your goals.
10. **Don't give up.** Decluttering can be challenging, but it is worth it. Don't give up on your goals. Keep working at it and you will eventually declutter your home and create a more organized and peaceful living space.

If you are a smart person who struggles with clutter, know that you are not alone. There are many other smart people who face this challenge. However, there are also a number of things that you can do to overcome this challenge and declutter your home. By following the tips in this article, you can create a more organized and peaceful living space that you will enjoy for years to come.



If I'm So Smart, Why Can't I Get Rid of this Clutter?: Tools to Get it Done! (If I'm So Smart Series Book 1)

by Sallie Felton

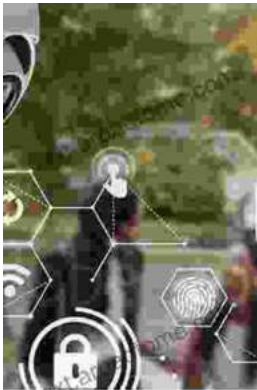
★★★★☆ 4 out of 5

Language : English

File size : 714 KB

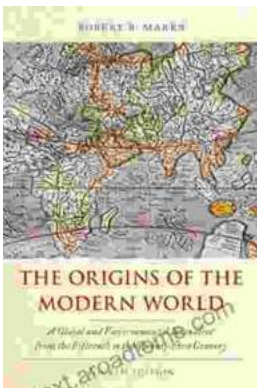
Text-to-Speech : Enabled

Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 221 pages
Lending : Enabled
Screen Reader : Supported



Intelligent Video Surveillance Systems: The Ultimate Guide to AI-Powered Security

In a world where security is paramount, the advent of Intelligent Video Surveillance Systems (IVSS) marks a transformative leap forward....



The Origins of the Modern World: A Journey to the Roots of Our Civilization

Embark on an Extraordinary Literary Expedition to Discover the Genesis of Our Global Landscape Prepare to be captivated by "The Origins of the Modern..."