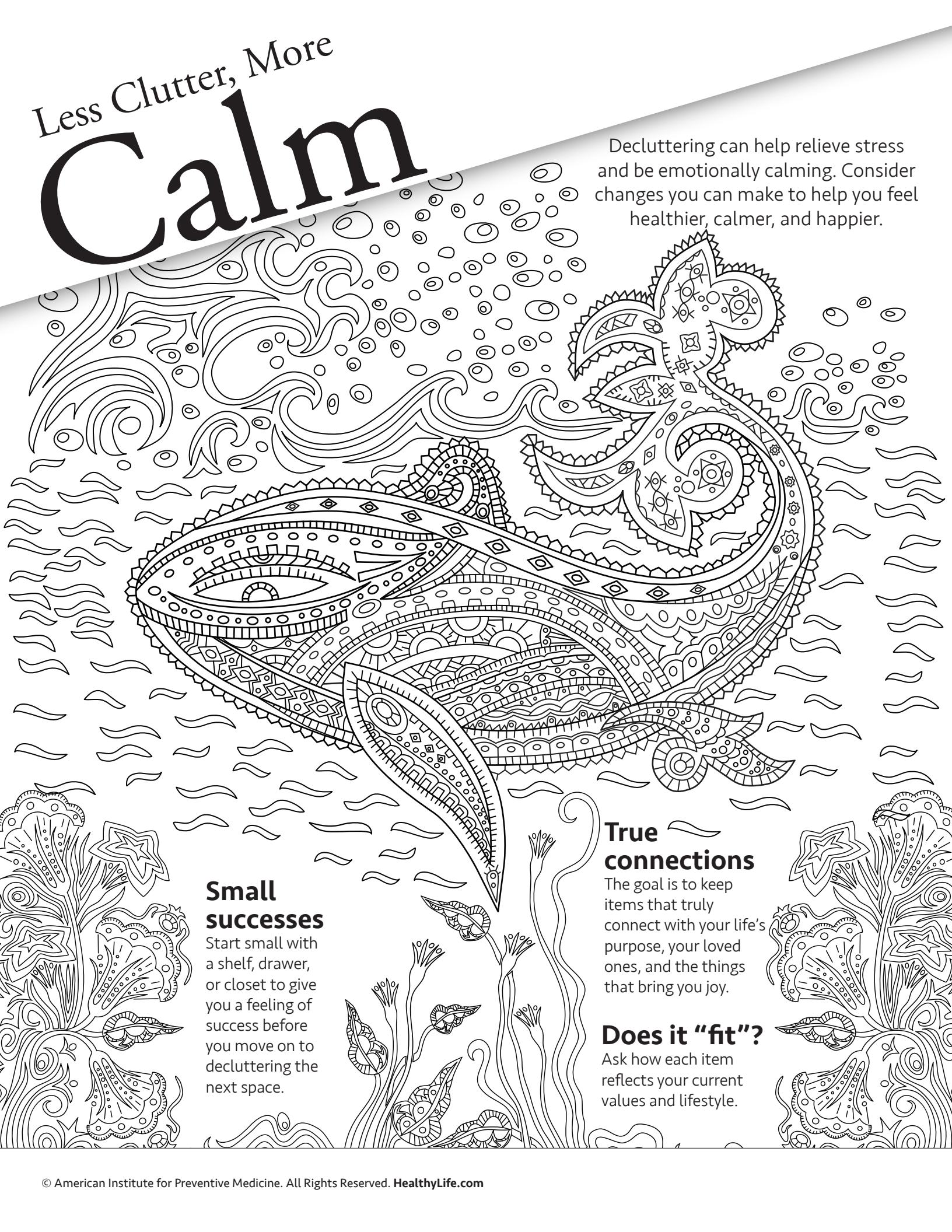


# Less Clutter, More Calm



Decluttering can help relieve stress and be emotionally calming. Consider changes you can make to help you feel healthier, calmer, and happier.

## Small successes

Start small with a shelf, drawer, or closet to give you a feeling of success before you move on to decluttering the next space.

## True connections

The goal is to keep items that truly connect with your life's purpose, your loved ones, and the things that bring you joy.

## Does it "fit"?

Ask how each item reflects your current values and lifestyle.

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