



ENVIRONMENT

When clients came to me and weren't progressing, I'd ask them what their environment was like, as this would affect everything else. Most if not all would say, they weren't happy with their home, and sometimes work, that the house or the workplace was either cluttered, too small, tense, at work the atmosphere was horrible and poky, airless and suffocating. That, everyone, was scratchy and snappy.

That they dreaded going to work, and glad to leave, always dreaming that life could be better, they liked the work well enough, but something felt uncomfortable. People often said the same about their home. When out most wanted to be back home or at work, or when home or at work, they tried someplace else. There was restlessness about them, the house and job.

Let there be light!

One client worked all day in a basement without any natural light; another was working in a cramped box room. When I explained how vital the environment was to everything, it took a while for them to register. When I showed them the chart on the wall, and we walked through the twelve levels. At the same time, a few were stubbornly refusing to see any connection, protesting that their problems were more significant than a clutter-free home or work, a small tight and dark environment, those awake understood the concept.

Those who refused then I'd ask them to indulge me, and over the session, they soon began to realise how the environment is essential to everything in life that truly matters. Most tasks I asked people to do are quite small, some one-minute wonders, three or five minutes at most.



WORK SMARTER NOT HARDER

My grandmother tidied a bit a day and sat every afternoon sewing, knitting and listening to the radio and we played with the button box, or we walked. My mother worked in the mornings and was too tired or depressed to do anything around the house.

Are you a time-waster and procrastinator?

I am sometimes, but I know how to work smart and get back on track. Time is something you can never get back; once gone, it's gone forever. You can't go into a shop and buy a bag of time; however, there are small things you can do that are crucial in saving time in the long run, and you must insist everyone does the same.

- ❖ Hang up your coat when you come in,
- ❖ Put away your shoes in a box or storage
- ❖ A quick mop or sweep over the floor,
- ❖ Throw out newspapers every day
- ❖ Hang up wet towels after use
- ❖ Clean the toilet and wash hand basin after use
- ❖ Wash the shower, or bath after use
- ❖ Throw clothes in a laundry bag, not on the floor.
- ❖ Put the lids and tops on jars and bottles.
- ❖ Wipe down the sink, or worktops
- ❖ Clear the toast crumbs from the chopping board
- ❖ Put dishes straight into the dishwasher,

All those tasks take less than a minute if slow, three max. I know I've timed every one, all I know is it's better than a weekend of blitzing any day of the week. My sons and later grandchildren were doing these by five years old. Children love to help, especially when acknowledged.



THE SEVEN DEADLY SINS

Not taking care of the environment means seven things.

- ❖ Ingratitude
- ❖ Complacency
- ❖ Entitlement
- ❖ Laziness
- ❖ Disrespect
- ❖ Selfishness
- ❖ Thoughtlessness

Individually these above are appalling by any standards. Together they are disastrous and will create challenging and often long-term, life-changing situations. I had one client who lost everything through this creeping paralysis of what I term as indifference and apathy.

When you arrive at a level of apathy and indifference, then some serious work is needed. When there is a belief so strong it's become a HABIT, and you justify laziness, you're on the slippery slope to depression. However, for this clients, it wasn't the indifference of a depressed person; instead, it was one of someone who had lacked early training, and the laziness became a habit hard to break. So now:

STOP, STEP BACK, REFLECT & RESPECT

What small thing can you do that would create a better environment right now? Could you tidy up those books, magazines, or those shoes, and coats, maybe clear the worktops, or do the dishes? Or if that seems too much, read my free book on House Cleansing.



SUMMARY

If you continue living in any state of chaos, you'll create frustrating situations where you might overreact, (behaviour) or as one client did explode (actions). Grab a pen and paper or make notes on your phone, or any other device, and get ready. It's a bit like the old saying, clean the corners, and the middle will look after itself.

When the environment is free from chaos,

It's incredible what is mentally, emotionally, and practically achieved. The atmosphere in any environment makes or breaks a situation, and why clutter needs clearing. Please take a look at my Space Cleaning book; it may be a kick start and wake you from your trance states.

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I found that everything in life that needs changing,
Or improving requires willingness, transparency, honesty, knowledge,
boldness, courage, time, patience, repetition and desire.

Don't wait until you're desperate;
Don't wait until indifference has set in,

TAKE ACTION NOW!

And soon enough you'll notice that all those
Quotes that tell you only dull people have tidy homes
Becomes transparently apparent, that the only thing they're successful
at is, fooling themselves, into believing the environment isn't essential,

Join the club, you've woken from your trance state.

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