

A change of habit.

“Nothing is, but thinking makes it so.”

Shakespeare

In psychology, there is a law called, The Law of Correspondence. It states that what you see on the outside is a reflection, a mirror image, of what is going on inside. *Is your home reflecting a calm and ordered life?* Would you like it to?

If you are living in chaos, in a state of disarray, you are most likely feeling stressed on the inside. All of this can change. **There is hope.** A few changes in attitude and habit and you will be on your way to a more harmonious life.

We've all heard of the Law of Cause and Effect. Or, every action has a reaction. Jesus called it sowing and reaping. These are all different names for the same thing. If you repeat a positive cause, you will get more of the positive effect. Likewise, if you remove the negative cause, you will change the effect. This is all about changing a few habits and in turn reaping big rewards.

What kind of changes? Let's use decluttering as an example. Anyone can purge their belongings. But if that same individual continues the same old patterns of acquisition, it won't take long before they are back to square one. So they might institute the *one-in one-out rule*. This means that if you buy a pair of pants, you throw or donate an old pair.

Organizing is an ongoing process. It requires maintenance. This can not be overstated. Here are a few new habits to consider:

- *Teach yourself to put things away right away.
- *Be mindful of what you bring into the house.
- *Don't keep things you don't love or need.

Experts say it takes 21-30 days to change a habit. Identify the habits you need to change. Remember that your attitude is very important in this process. Previously, you have chosen to keep your clutter. Richard Carlson, author of Don't Sweat the Small Stuff, says questions of happiness and responsibility can all “be bundled into one package called “attitude”. And attitude boils down to one simple word: choice.”

Starting now, **You Choose**. Remember, all of the little choices that you have made every day have brought you to this point. *And* now all of your new choices will lead you to a clutter free life.

Note: I heard the Law of Correspondence and Law of Cause and Effect discussed on a tape series narrated by Brian Tracy. He is a well known lecturer and author of many books.