

# Chaotic Times

Organised Chaos Newsletter

"Helping you to  
clear clutter and  
feel -

Better!"

Issue 17 - July 2010  
'Never Enough Time'

# Dear Friends of Organised Chaos

Welcome to the July edition of **Chaotic Times**!

I decided that this month we could have a bit of fun. Don't be misled though, as ever, there's a useful message to be had.

So many of my clients say they don't have **time** to de-clutter, they're too busy. So I thought I would come up with some 'Time Drainers' that we all succumb to from time to time. The problem is that all these activities seem quite harmless, so we don't always realise what's happening. How come I know all this? Only because I've observed myself wasting time!



This is quite a huge topic, so I may well come back to it in future editions. Let's start with the easy things, changes that you'll hardly notice. What I mean is you won't feel deprived but you will notice you have just a bit more time.

## Tiny Little Habits that Steal your Time

Do you watch much TV? You may not realise how many hours you spend in front of the screen. I'm not suggesting you give it up, just think about what you're watching and what you get out of it. It may well be that some programmes, in particular 'soaps' have just become a viewing habit. The likes of Eastenders and Coronation Street drip feed you with drama to keep you hooked. Are you a 'soap' junkie?

A quick glance at the Radio Times tells me that Eastenders is on 3 times a week. So if you're a follower you can wave goodbye to an hour and 30 minutes of your time every week.

This doesn't sound too bad, but if you happen to watch Coronation Street as well, that's another 2 hours. How about Emmerdale? Another hour and 30 minutes.

Watch them all and you've waved goodbye to 5 hours of your precious time in just one week.



## Reading Broadens the Mind?

Oh, sorry - I think that's meant to be travel! Anyway, I guess most of us would agree with the above statement, even if I have just changed it to suit myself. Don't panic - I'm not about to suggest you give up reading as a time wasting habit. I can think of no better way to relax than when curled up with a good book.

But - think about what *else* you read.

How about all the other printed material you get bombarded with?



We support two charities by being members, and get a quarterly magazine from each. Now obviously we're interested in the content, otherwise we wouldn't have signed on the dotted line. However, it isn't necessary that we read the whole mag from cover to cover. Nor do we need to keep them when we've finished!

Here's a few ideas to get you thinking. Your reading should be quality time for yourself. If you're not enjoying it or learning something that interests you - then you're wasting your precious time. There's also a connection between this type of reading material and physical clutter.



**Junk Mail**  
**Free Catalogues**  
**Free Newspapers**  
**Daily Newspapers**  
**Magazines**

Subscriptions to magazines are a good example. To begin with you can't wait to rip open the wrapper and read about your hobby. After about a year, the novelty has probably worn off and you're reading the mag more out of habit than for pleasure. Ask yourself where the previous 12 editions are stored . . . .

Chances are they're in a pile somewhere cluttering up your living space. Just cancel the subscription and be honest about whether you will ever need to look at the accumulated bundle of magazines. Give them away or recycle them. This saves time *and* space!

## A Word about Guilt!

So often we tell ourselves what we *should* be doing. We *should* watch documentaries on the TV, we *should* read the newspaper from cover to cover in order to keep up with current affairs. We *should* read every page of our magazines (well they are expensive), and so on and so on.

Ditch the guilt and start feeling better. Choose how you spend your time - de-clutter some habits and reap the benefits. More time for what you *want* to do . . . .



If you've been inspired to de-clutter some time wasting activities, please let me know. It would be great to share them with other readers in a future edition of the newsletter.

So, with more time on your hands, I hope you enjoy a calm and happy July!

*Best regards,  
Judith*

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