

De-Cluttering Your Psyche

Your office space and attic aren't the only ones in need of periodic cleaning and organizing. The stuff you carry around in your head and heart can do more than take up space. They can stop you from being content. Here are some ways you can de-clutter your insides:



1. **Let go of grudges.** Why carry a grudge to your grave? Put the past behind you. Try contacting a person with a letter so both of you can get past whatever it was that drove you apart—if you can remember why.
2. **Unload burdensome friends.** Take an honest look at the people in your life. Break ties with those who don't support your best or who are incompatible with your own values and goals.
3. **Put the gavel away.** Being judgmental only closes you off from learning something from others. Don't judge so quickly; listen first.
4. **Be wrong.** Don't be afraid to be wrong sometimes. And when you are, acknowledge it. It takes a lot of energy to keep up the look that you're always right (or perfect).