
BUSY BEES

Home Organization



I believe change of seasons is always a great time to reset! Just like we reset the 1st of every year, we should reset every few months. Take inventory, declutter and create simplicity for the upcoming season.

We believe that home organization is a key component of personal wellness and that comfortable and simple space creates happiness. If we surround ourselves with uncluttered space, our minds and bodies will feel less stress. If we surround ourselves with functional items, we can manage our daily needs with ease. And....if we surround ourselves with items that make us smile, we will have happiness and joy in our lives.

Spring is the perfect time for deep cleaning and refreshing your space.

Routinely taking inventory, decluttering and simplifying applies to all aspects of wellness, not just our space. If we break down components of wellness, I would include the following:

- Physical Wellness - Activity and Nutrition
- Mental Wellness - Happiness and Balance
- Environmental Wellness - Where and how we live and spend our time (our surroundings)
- Relationship Wellness

These topics can be further broken out and our energy will shift where it is needed. If we take time to regroup every season, we will create wellness in our days.

We would love to help with any of your Spring projects. Where do you need to declutter and create simplicity?

Check out this article discussing the power of decluttering.

<https://www.happify.com/hd/clutter-muddles-our-space-and-our-minds/>

Remember to check out our referral partners to round out other areas of your life with Wellness practices. These and other resources can be found on our website:
www.honeybeesliving.com



“You don’t have to see the whole staircase, just take the first step”.

-MLK, JR.