



STUFFology 101 Cluttergories

1. **Physical clutter** is stuff that gets in the way; material things that block our path; things we trip over.
2. **Mental clutter** includes thoughts, worries, emotions, and regrets that distract and drain us.
3. **Digital clutter** refers to anything in virtual form—photos stored in our computers, a backlog of emails, or too many social media accounts.
4. **Temporal clutter** fills our days with so many activities we can't focus on any one. People who say they're too busy are often suffering from temporal clutter.
5. **Sensual clutter** is when we fill our lives with too much of anything that affects our senses—noise, touch, scents, tastes, sights.



What are some of the cluttergories in your life?

<http://STUFFology101.com/clutter-blog/cluttergories/>