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From Clutter to Clarity - Kerry Thomas

Choose the best option:

1. When you feel overwhelmed, you feel

a) there is too much for you to manage

b) excited about something

c) nervous and stressed

2. Why do we fill our life with stuff?

a) we think we need things to feel safe

b) we like good quality things

c) we believe the more we have, the happier we will be

Complete:

Kinds of clutter	Example:
1.	
2.	
3.	
4.	
5.	

LIVEWORKSHEETS

Complete the sentence:

Clutter is ..... that ..... you from ..... the life you ..... to .....

Match the definitions with the verbs used in the sentences.

1. When I asked her to elaborate, she brought up words like shame, failure, fear and isolation.
2. I try not to clutter my mind with useless information.
3. Clutter can be those physical things that clog up our homes.
4. We were stuck in the lift for over an hour.
5. We postpone our decision to declutter.

elaborate **bring up** **clutter** **clog up** **(be) stuck** **postpone**

unable to move

to become blocked

to start to talk about a particular subject

to delay a plan or an event to a later date

to add more information to or explain something that you have said

to fill something in an untidy or badly organized way

LIVEWORKSHEETS