**REASONS TO KEEP A HOME CLEAN**

Cleaning is no fun – we get it. There are a hundred other things you’d rather do (and need to do). But a messy house is bad news. For starters, a messy home increases your stress level. When you are surrounded by clutter, it can distract you from what you should be focusing on. It can also keep you from finding the things you need quickly (ever lose your keys?), and it can make you feel guilty and overwhelmed.

If you have kids, the challenge is multiplied. Sometimes it can seem impossible to keep your home neat and organised when there are other people making messes, but it can be done. Teaching your kids to keep their belongings organised and help with the household chores may sometimes seem like a one step forward, two steps back proposition, but it’s well worth it.

Putting systems in place to keep your house neat and organised can make a world of difference in your stress level and your quality of life.

Keeping your house clean is important for you and your family for many reasons.

Consider the following **reasons** why a clean home will make your life better.

**1. You’ll get more done**

When your home is dirty or disorganized, it’s difficult to focus on the tasks you should be doing. You may find yourself distracted by organizing or surface cleaning. These distractions keep you from getting important things done and can make you feel as though you accomplished little by the end of the day. When your home is clean and organized, you’ll have fewer distractions and get more done.

**2. You Can Find Things**

Lost your keys or cell phone again? With a clean home, you’ll spend less time looking for things you’ve misplaced. Simplify your life by going through the mail when you receive it and getting rid of unneeded papers or household items when you don’t need them. You’ll feel better when your home is organized and you’ll find what you need in its rightful place.

**3. You’ll be More Creative**

Clean space allows the mind to relax and be more creative. When you’re surrounded by uncleanliness or a disorganized mess, your mind focuses more on the chaos and less on letting your creative juices flow. If you’re a creative person, keeping a clean home will help you do what you do best.

**4. You’ll invite People Over**

There’s nothing more embarrassing than greeting friends with a dirty house. In this case, you may stop having people over altogether. Don’t let a dirty home keep you from spending time with the people you love. By keeping your home clean and orderly, you’ll have more motivation to invite people to dinner and enjoy their company.

**5. it’s good for Children**

It’s not good for humans of any age to live in filth, but especially children. Young children of crawling age will pick up anything on the floor and put it in their mouth. Children are also susceptible to bacteria, moulds, and mildews which can affect their health. Keeping your house clean and sanitized will keep your children and your whole family healthier.

**6. You’ll sleep Better**

There’s nothing more relaxing than jumping in a bed with clean sheets and saying good night to an orderly house. You’ll rest at ease when you’re not waking up to chaos. Let your mind rest peacefully in a clean home.