



Creating Order  
from Chaos

# The Top 3 Productivity Boosters



Angela Esnouf, from Creating Order from Chaos, helps families create order and hoarders break free from clutter. Angela believes getting organised can be pain-free, and even fun!

Angela is an accredited Expert Professional Organiser, Past President and dedicated member of AAPO (Australasian Association of Professional Organisers). She is also a subscriber of ICD (Institute for Challenging Disorganization), holds Level 2 Certificates in Chronic Disorganization and Basic Hoarding Issues with the CD Client, holds Certificates of Study in Basic ADD Issues with the CD Client, Learning Styles and Modalities, and CD Client Administration. She is also a Golden Circle member of NAPO (National Association of Professional Organizers).

Creating Order from Chaos is proud to present [Declutter Club](#), an online program for people who want to get organised and conquer their clutter.

This eBook is intended to provide information to make your life and getting organised easier. May the actions you take bring you closer to your goals.

What if I told you there was a simple way to be more organised that didn't involve storage systems, decluttering, labelling or to do lists? Well, there is.

They are what I call **Productivity Boosters**. They are simple ways to boost your own personal productivity, and therefore achieve more and be more organised. It's all about getting things done.

They have little to do with calendars, and certainly nothing to do with working harder. They have everything to do with looking after the most important productivity tools in the world – your mind and body.

## Productivity Booster No. 1

### Eat well

Put the right fuel in the tank to gain maximum efficiency.



## Productivity Booster No. 2

### Drink plenty of water

Your brain will really appreciate it.

You'll think clearly and be able to make quick decisions.



## Productivity Booster No. 3

### Get enough sleep

Your body will thank you by bouncing out of bed in the morning ready for action.

