



# **Nqobile Nontobeko Mahaye**

Curriculum Vitae (CV)

**What job i'm looking for? My positive points**

done easier.

#### 6. Reduced Stress and Anxiety

A cluttered and disorganized environment can increase stress and anxiety levels. Cleaning and organizing can help reduce these feelings and make it easier to relax in the environment.

#### 7. Improved Mood and Self-Esteem

A clean and organized environment can help improve mood and self-esteem. This is because it can give a sense of accomplishment and make it easier to take pride in the background. This can lead to an overall better mood and improved self-esteem.

### III. Improved Environment

#### 8. Reduced Pollution

A clean environment can help reduce air and water pollution. This is because it reduces the amount of waste and contaminants released into the atmosphere. This can help improve air and water quality and reduce the risk of environmental hazards.

#### 9. Improved Water Quality

A clean environment can help improve water quality. This is because it reduces the contaminants that can enter waterways and contaminate drinking water sources. This can help reduce the risk of waterborne illnesses and other health issues.

#### 10. Reduced Waste and Recycling

A clean and organized environment can help reduce waste and increase recycling. This is because it reduces the amount of clutter and makes it easier to find items that can be recycled or reused. This can help reduce the amount of waste that goes into landfills and help conserve resources.

### How to Achieve Cleanliness

**Start with Small Steps:** The best way to achieve cleanliness is to start small. Start by clearing clutter from home and organizing items more efficiently. This will help reduce the amount of time it takes



Salary you wish R8000 R per month

How much do you earn now R4000 R per month