



CLEAR YOUR MENTAL CLUTTER

This sheet helps you release mental clutter and regain focus.

- 1** Schedule 20 minutes this Friday for decluttering.
- 2** Archive all unread emails older than a month.
- 3** Trust that important matters will resurface if needed.
- 4** Notice the mental space you reclaim.
- 5** Use this clarity to focus on current priorities.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

MON

TUE

TUE

WED

WED

THU

THU

FRI

FRI

SAT

SAT

SUN

SUN

What I noticed this week:

Release the weight, and watch new growth take root.