



CLEAR YOUR SPACE, CLEAR YOUR MIND

This sheet guides you through a simple process to declutter your space and your mind.

- 1** Identify one surface that needs clearing.
- 2** Set a timer for ten minutes.
- 3** Remove everything from the surface.
- 4** Choose one meaningful item to place back.
- 5** Reflect on the new message your space sends.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

A clear space is a clear mind.