

Clear Your Inner Clutter

This worksheet is designed to help you clear your inner clutter and find some mental focus and calm. Try using these prompts to plan the day ahead, or to clear your mind before bed.

Write down your thoughts

Blank space for writing down thoughts.

Make a To-Do or Could-Do list

- ◆
- ◆
- ◆
- ◆
- ◆
- ◆
- ◆

Plan a 15-minute sprint

FROM TO

I WILL

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Remember to schedule time to recharge. Record your plans for daily rest or fun.

TODAY I WILL

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TIPS

- ◆ Turn off unnecessary notifications
- ◆ Get organized—outer order tends to lead to inner calm
- ◆ Use a calendar instead of trying to remember important dates and appointments
- ◆ Racing thoughts keeping you awake? Writing them down or making tomorrow's to-do list can help clear your mind for sleep
- ◆ Make your space comfortable and eliminate unpleasant sounds and smells

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