

Worksheet: Creating More Clarity Through Simplicity

June 2026 - Focus: Week 2: 6-8-26

Purpose: *To identify areas where you can reduce mental clutter and create more focus and calm.*

1. What Feels Most Complicated Right Now?

List three areas of your life that currently feel overwhelming or overly complicated.

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2. What's Creating the Clutter?

For each area above, identify what might be adding unnecessary stress or confusion.

Examples: Too many commitments, too many options, too many expectations, trying to do everything yourself.

My biggest sources of clutter:

3. What Can Be Simplified?

Choose one area and ask yourself:

What can I eliminate, postpone, delegate, or stop worrying about?

4. My Simplicity Plan

This week, one thing I will simplify is:

The peace I hope to gain from this change is:

Reflection

Complete this sentence:

"Life feels calmer and clearer when I give myself permission to

_____."

