










# Fix Plan: 3 Steps to Clean-Slate Your Life



## 1. Spatial Resets

-  **Daily Declutter:**  
Just **10 minutes** each morning to tidy up your workspace. It's like brushing your teeth—but for your vibe.
  -  **Defined Zones:**  
Set clear zones for **work**, **rest**, and **creativity**.  
Your brain loves boundaries—even if you don't.
- 

## 2. Environmental Cues

-  **Visual Triggers:**  
Add a couple of purposeful objects—like a bright plant , vision board , or a “Do Not Disturb” frog statue . They cue your brain: *“Hey, we’re focusing now.”*
  -  **Ambient Adjustments:**  
Adjust your lighting (hellooo warm desk lamp) or play calming sounds (lofi beats or rain? yes please). Set the mood, set the tone.
- 

## 3. Mental Clarity Rituals

-  **Mindfulness Minutes:**  
Take **5 minutes** to breathe, stretch, or meditate. Clear out the mental fog and make space for clarity.
  -  **Quick Journaling:**  
Dump the brain clutter. Write out random thoughts, to-dos, or even a mini rant. Chaos turns into *action* once it hits the page.
- 

 **Bonus: Daily Habit Tracker Checklist**

Because chaos hates consistency. Let's hit those checkmarks like a boss 🖍️

- ☐ Morning Declutter (10 min tidy time)
- ☐ Zone Check (work / relax areas set)
- ☐ Visual Cue (your focus item is IN PLACE)
- ☐ Mindfulness Moment (5 mins of calm vibes)
- ☐ Journal Dump (offload that brain baggage)

Stick it somewhere you'll see daily—mirror, fridge, laptop, forehead. No judgment.

---

### 💡 Closing Pep Talk: You're the Calm in the Chaos

Every tiny tidy-up = big brain relief. This isn't just about clean spaces—it's about *clean energy*. Clarity isn't found, it's created—by YOU.

Celebrate those baby wins. Romanticize your reset. And remember:  
You don't need a brand new life. Just a Clean Slate.

Now go on—clear the clutter, claim your peace, and SLAY THAT SPACE 💖👑