

Helping you get from where you are now
to where you want to be.

Unclutter your Mind and Lighten your Load

We all tend to get dragged down and overwhelmed by things that accumulate over time. They can be big things or just small things but they all end up cluttering up our minds and weighing us down. Things like: *unfinished tasks, frustrations, other people's behaviour (or your own!), clutter, endless 'shoulds', un-met needs, overdue library books, unresolved issues or guilt, lack of exercise, eating habits, being indecisive, procrastination and lack of sleep.*

You might not want to actively do anything about them right now but the act of writing them down will raise your conscious awareness of them and you'll find yourself starting to resolve them without really thinking about it. So, for a brighter and more productive life, make a list of what you are putting up with at work and at home and begin to lighten your load today!

Any time you feel you want to take action, pick an item from your list above and decide how and when you will resolve it. Put your plan into action and when it's complete allow yourself to enjoy the sense of release that comes with lightening your load and freeing your mind in this way.

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15	30

Revisit your list frequently, add more things as you think of them and remove those you've resolved!

If you would like to know more about uncluttering your mind or feel you need some help to make the most of this technique just [click here](#).