



# Clutter Audit

## Spring Cleaning

No matter the actual season, it's time to rid your life of the negative things taking up mental, physical, and emotional space.

Mental Clutter	Physical Clutter	Digital Clutter
List your worries, thoughts, unresolved decisions, overthinking, and ruminations below.	What spaces feel chaotic or messy? Do I own things I no longer use? Any belongings create stress?	How many unread notifications? Am I digitally organized? Do I waste time online and then feel drained?
Calendar Clutter	Social Clutter	Reflection
Recurring commitments not aligned with my values. Busy or productive? Saying yes out of habit or guilt?	Are relationships one sided? Overcommitting socially? Who give me energy? Who takes it away?	What do I gain by holding onto this clutter — and what would I gain by letting it go?