

WRITE IT OUT: *In order to make space for your creativity and to thrive in your everyday life, we need to write out all the ways our minds may be keeping us from feeling just that. Mental fog appears when our minds and bodies are overwhelmed, these exercises were created to help you gain more clarity for what may truly be bothering you and create a plan for how to step out of that.*


1. What am I worried about now?

2. What are my priorities and do they match my overall vision of the life I want to create?

3. In 5 words or less, how would I describe my life now?

4. What would I have to do, to change the words that describe my life now VS the words I desire to describe my life and the feelings I want in it?

5. What did today look like? (Describe in detail what you did today from waking up at what time, what did you do first, did you run the errands you had planned etc.) and What would you like your ideal day to look like?

 **The Physicality Aspect:** *What are you allowing to occupy your physical space? Have you noticed when you're more organized, your mind is a bit more clear? That's because our physical space impacts our mental clarity, therefore the space that occupies our mentality in a positive or negative way.*

You do not have to make this a cleaning marathon, that will get overwhelming quick. Instead, I challenge you to do the following. It doesn't have to be done in an hour or a day, but give yourself a solid week to make this task tangible and a process that will help you declutter your mind.

1. Your bedroom. Your safe haven, where your body rests to regenerate itself before another long beautiful day. Change something about it:

- * Go buy new pillows and get rid of the old
- * Change the texture or color of the sheets. This is proven to help your mood.
- * Clean your closet and donate your "old clothes"
- * Add or change the fragrance of your room. I have a lavender scented oil that burns at night that helps me feel the calmness I need for a good nights rest


2. Your living room space.

- * Get rid of the old unused magazines
- * Rearrange your furniture
- * Add a piece of color or new art to change the feel of your living space
- * Add more light, like a new lamp or even just a simple replace of a brighter light bulb

3. Your Kitchen.

- * Clear the counters and rid of the over clutter

- * Deep clean your refrigerator and set yourself up for success by cleaning out the junk food and putting in things that will help energize your body of clean whole foods for a new week.
- * Make the kitchen table a designated eating only area and no mail or clutter of “things”


 **Phone Storage Cleanse:** *Ya’ll, this one did WONDERS for me. You can check out my video on my IG page @amberybarra, but this step by step should do the trick. We go to our phones for mostly everything now a days. The media we consume, the e-mails we send, the people we contact or DM, Snapchat with etc, it’s all via our phones. So when I finally took the plunge and cleansed my phone, it made for a major breakthrough I never realized. It helped me remove thousands of old video and photos that was freeing and honestly emotional. It made me realize that now that my old photos from 1+ years ago were now being stored, I’d be inspired to now make new ones. I hope it is as powerful for you.*

1. Transfer all of your photos and video to your computer and/or purchase an external hard drive to transfer them to.
2. Create specific folders to transfer these into and get electronically organized so you don’t leave all your past photos/videos in the dust so you can always go back to reminisce without the dread of feeling overwhelmed by where to look for what.

Tip: I usually organize them by

- * Year- Camera Roll
- * Instagram/ Other Social Highlights
- * Video
- * Recent Trips

3. Now, just sit with the fact that your phone is practically clear of the last 12+ months of daily life, friends, concerts, family ventures etc... and be grateful for what those times brought. Now feel inspired for all the wonderful moments that await for you and be intentional in creating the new days that lie ahead to create that life.

 **Emotional Safe Space:** *This is integral to your mental decluttering process my friend.*


1. The last few exercises really should have prepared you for this exercise. In order to create an emotional safe space, one of the key elements includes creating this physical space within your home. Whether it's on a yoga mat in your bedroom, sitting on a chair to think alone on your back yard patio space, or even a nook in your living where you put the mail. The goal is to have a space in your home, to feel you can go to, to spend even 15minutes to retreat for some quick thought processing.

2. Create a regular meetup. Whether this is with your best friends, you do this during date night with your boyfriend/girlfriend, spouse, or with a family member. Schedule time with spend with the important people you love outside of your "regular schedule"/

3. Join an exercise group. You don't know if you like spin class until you try. For me personally, it's the experience of yoga and other workout classes that help me release worries, while also meeting new and interesting people to change the pace of the day.

4. Support Groups or Social Media Groups. These are other options for creating an emotionally safe space to declutter your mind. Find what eases your mind like joining a social media art group, or book club with other individuals that share similar interests to help you decompress and spend time on topics that truly interest you.

5. Keep in mind that most of all these exercises begin with you. You have the power to choose where to spend your time and energy, so become more confident in these areas by being cognizant of where you spend you time and who you spend it with. Most importantly, how to spend time alone to give yourself the true #selfcare regimens you need to lead a fulfilled life, whatever that looks like for you.

 **Limit Social Media:** *I'm not saying to get rid of social media, so before you choose to unfriend me, hear me out. Limiting social media can be empowering. Between work breaks, in the morning before our feet even hit the floor to start our day, we are scrolling. So, here are some very simple ways to limit your time on social and gain more time for Y O U.*

1. No social media before your first cup of coffee. Not a coffee drinker? No worries, this simply means that the first 30minutes to hour; after your morning routine of brushing your teeth etc, your phone should not be touched until your head actually gets wrapped around your intention for that day. This way, you're not swayed by being in a responsive mode or reacting to your day. Your day starts with YOU.

2. The same goes for bedtime. Find a different, more productive way to unwind. Even if this is as simple as making your to do list the night before for a more organized waking for the next day. (It literally only takes 5 minutes to get all the "to-do's" from your mind onto paper. Make it happen 😊)

3. Catch yourself pre-rabbit hole. Oh, you know what I'm talking about. It starts with you hysterically laughing at one video, which leads to some serious environmental conversation, then onto random magic shows and then Bam, you're crying over another "The Dodo" animal rescue video. Point being, catch yourself and don't let that hour pass by scrolling into nothingness.

Wherever you are in life or whatever is making you feel mentally cluttered, I hope these ways have helped guide you to some clarity. My hope is that these steps have done for you what they've done for me, in helping my mind and life feel less overwhelming, with more time and fluency in my bigger goals and visions. Even if those visions seem smaller some days than others.

As always, catch me IG or FB in my DM's for any other questions.

& please, feel free to tag me on any of the ways this may have helped you.

XO,

Amber

