



HOW TO Declutter YOUR MIND

Human beings are thinkers. From thinking about this to thinking about that, to thinking thoughts about the thoughts... it's a cycle that can be endless. Thinking is a common occupation most humans share.

Take a moment to consider the role your thoughts play in your life:

Are your thoughts guiding you forward or keeping you stuck?

If you've felt stuck or overwhelmed by the thoughts racing through your mind, then it's possible that you have amassed mental clutter.

Mental clutter is equivalent to hoarded potential. Hidden behind all of those thoughts is the capacity to create, innovate, and achieve untold levels of success. Think about that for a few moments . . .

As we step towards decluttering our mindsets, the decision is yours:

Do you want your thoughts to be the answer to your future success, or the reason for future regret?

The human brain is amazing beyond comprehension – it lets us take in a wealth of knowledge, expand our horizons, explore our desires, daydream, express limitless creativity– the list goes on. On the other hand, the brain’s inability to stop can make it practically impossible to be present and get things done.

How much time do you spend on a daily basis analyzing, worrying, projecting, and obsessing about anything and everything?

If the answer is “way too much time”— you are certainly not alone.

On any given day, it’s safe to say that for many people, the mind feels totally cluttered. And really, how could it not be? With easy access to news, social media, email, texts, to-do lists, family, friends, work, committees... there’s so much to think about all the time.

Clutter is definitely a product of living in a highly over-stimulating world, but it’s crucial to challenge oneself to think deeper about mental clutter. At Launch Now, a major part of the focus has been understanding where the bulk of mental clutter comes from... beyond to-do-lists.

The founder of Launch Now and Dream That Big Publishing, Octoryia Robinson, has broken it down:

- Clutter begins when you loose hope.
- Clutter is a build up from neglect, procrastination, and the lack of follow-up.
- Clutter is the direct result of ignoring what is actually going on.

Take comfort in the fact that if this sounds like you, you really aren’t alone! Most people are struggling to focus and get the things done that really matter to them. The first step is to understand why your mind is cluttered, so you can take Launch Now’s practical tools to take the clutter out with the trash... giving yourself space to focus, smash your goals, and step into that version of self that you know you can be!

THANK YOUR *Clutter* and send it packing!

Firstly, we want to address the things that take up precious real estate in your mind. **You know that storage room in your basement that you've been throwing junk into for the last ten years?** It's time to open that door and see what's inside.

Grab a pen and a piece of paper. Take a moment and think about the things that are currently cluttering your mind. Jot them down. (This is a great tool to use daily to instantly take what's clogging your brain and put it "somewhere else.")

When you're done, take a look at your list. This is a moment to be empowered by! Having the courage to look at what is holding you back is the first step to making a change! Look at all of these thoughts – whether they be practical like grocery lists, or tougher emotional thoughts like something from your past— and do something that might surprise you: THANK IT.

Yes, it seems counter-intuitive to thank these things that are hold you back, but the truth is, they're just trying to keep you safe. They have good intentions, but as well-intentioned as they may be, you don't want to be safe and small anymore. You want to be greatest, biggest version of yourself.

Thank those thoughts on the paper and get rid of them.

WHAT DOES YOUR *Mental Clutter* REVEAL ABOUT WHAT YOU BELIEVE TO BE TRUE?

Most people think their thoughts are secrets and are hidden from the world. **But are they really?** Here's a scary truth that might come as a shock: the things that we obsess about in our minds take form in our outer worlds.

Things that are constantly cluttering our minds are often revealed in our lives. Here's an example: The fear of rejection creates an expectation and acceptance of rejection. Doubt about your abilities lead you to avoid, question, or miss out on opportunities to grow. What if you had the tools to declutter your mind and find clarity and focus on the visions you're executing. What would that look like in your outer life?

Grab that pen again. What would you think about if you had the space and time to do so? If your mind wasn't so cluttered up, where would it go?

No matter how far-fetched this dream feels now, this is step one to turning this note on paper a reality. With some simple tools, you can shift from being an occasional dreamer, to a successful vision executor!



CLOSING THE DOOR ON *Clutter*

Step 1: Don't Minimize the Little Things

That argument with your partner, the road rage you felt on your drive home — whatever it is, don't minimize it. We are in a constant state of experiencing things that trigger or upset us in small (or big) ways, and we are socialized to suck it up and move on. The problem with "sucking it up," is that it lives dormant in our bodies, often occupying our minds for much longer than it needs to. By minimizing, you're essentially saying: What I feel isn't important. But it is important. You need to own your emotions, have those tough conversations, and let out some tears. You are responsible to give yourself the attention you need!

Step 2: Deal With It

Sure, it's often easier to just shove something in the storage room. But, one day you'll be moving, and you'll need to face everything that's been jammed in there. Do yourself a favor and deal with things as they come up. Yes, that means taking responsibility and seeking support for past traumas. Having tough conversations. Quitting a job that makes you feel like garbage. Moving to a new city where your ex isn't the mayor. Whatever it is, you need to deal with it.

Step 3: Do it even when you don't feel like it

You know what's harder than doing all those boring tasks on your to-do list? Thinking about them. Not only does thinking about them add stress to your life, it takes time away from more interesting and inspiring success-chasing things you could be thinking about. Doing the task you don't want to do is always, 100 per cent of the time easier than thinking about doing it. Vacuum your house. It's satisfying!

So . . . are you ready to declutter your mindset and achieve your big dreams? Let's go!



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EXTRAORDINARY SUCCESS!



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