

## 4 STEPS TO CLEAR OUT MENTAL CLUTTER

What is mental clutter? It is the rent-free tenant taking up space inside our brains! There are 3 most common and potentially damaging types of mental clutter: *Worry*, *Guilt* and *Negative Self-Talk*. *Worry* is fear focused on the future, and a dream thief! *Guilt* is a struggle with yesterday's fears, weighing people down like a sack of rocks, unable to raise their heads. *Negative self-talk* is the daily re-run you rehearse in your mind that consumes creative ability and hinders your dream. Are you ready for greater mental clarity? Let's look at 4 powerful exercises to increase self-awareness and eliminate mental chatter!

**STEP #1: Order Your World!** In her bestselling book, *The Life-Changing Magic of Tidying Up*, Marie Kondo offers insight into releasing ourselves from the clutter that produces chaos. Her how-to book has gained traction globally by helping people reform their own spaces -- physically and mentally. In other words, decluttering your space helps declutter your mind.

**Today: find time to organize. You WILL be less stressed and more focused!**

**STEP #2: Think Like A Child.** It is proven that a child's brain is flexible and adaptable. Children can quickly change their viewpoint. "When people begin thinking like a child, they see a fresh perspective," says Jack Uldrich, bestselling business author. "They learn to step back and view problems, people and things from a completely different point of view."

**Ponder these questions:** As a child, what did you dream you would become? What toys or childhood activities did you most enjoy? Often seeds of greatness start in childlike attitudes.

**STEP #3: Learn To Meditate.** Biblical meditation provides a clear voice in your life that helps delete the mental chatter, focus your thoughts and identify your pathway. It is pondering and reflecting on what God's word says about you! The Holy Scripture says, "*For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future.*" (Jeremiah 29:11) The Psalmist said, *The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul.* (Psalm 23)

**Begin Now: Ponder these 2 scriptures—they will produce peace for today and confidence for your future!**

**STEP #4: Identify Your Internal Conversation.** According to psychologists, each of us conducts a conversation with ourselves known as "self-talk." Positive internal dialogue can generate favorable expectation, while negative internal dialogue raises stress. *The Reality:* Negative thinking produces mental clutter. *The Remedy:* Take a mental inventory! It brings order to your mental world. Learn to capture and order your thoughts on paper!

**Begin today: Write down 5 optimistic thoughts about your life and surroundings!**





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