



24 MENTAL CLUTTER THOUGHTS TO LET GO OF



Perfectionism

1. Thinking everything has to be done today
2. Believing your home has to look perfect
3. Waiting for the right mood to start
4. Feeling behind because life feels messy
5. Comparing your pace to other people
6. Thinking small progress doesn't count



Guilt

7. Keeping things you paid good money for
8. Holding onto gifts you don't use
9. Saying yes when you mean no
10. Feeling bad for needing help
11. Thinking you have to explain every decision
12. Feeling guilty for being tired



Overthinking

13. Replaying old purchases
14. Worrying what people will think
15. Trying to make the perfect decision
16. Waiting for more time before starting
17. Believing you need motivation first
18. Turning simple tasks into huge projects



Mental Load

19. Piles that represent decisions
20. Visual noise on every surface
21. Items with no real home
22. Too many unfinished little tasks
23. Feeling responsible for everyone's stuff
24. The pressure to have it all figured out



You do not have to fix everything today.
Start by letting go of what feels heavy.

Less mental clutter creates a lighter home.

