ONE SMALL CLEARING A DAY

Make Room for Luck

A 14-day clear-out for your head, your calendar and your energy.

What I'm making room for _____ **Start date** _____

Too many yeses · Tabs in my head · Inputs · Energy drains

Day 1 TABS IN MY HEAD ☐
Write every open loop in your head on one page. Don't do any of them yet.
MAKING ROOM FOR _____

Day 2 TOO MANY YESES ☐
List what you've said yes to this month. Circle one you could hand back.
MAKING ROOM FOR _____

Day 3 INPUTS ☐
Turn off notifications for one app you open without meaning to.
MAKING ROOM FOR _____

Day 4 ENERGY DRAINS ☐
Pick one thing you're behind on (to sell, return or fix). Do it, give it away or let it go.
MAKING ROOM FOR _____

Day 5 TABS IN MY HEAD ☐
Close three loops from day 1. Done, handed off or crossed out all count.
MAKING ROOM FOR _____

Day 6 INPUTS ☐
Unsubscribe from five emails you always delete without opening.
MAKING ROOM FOR _____

Day 7 TOO MANY YESES ☐
Say one no, or one "not this month."
MAKING ROOM FOR _____

Day 8 ENERGY DRAINS ☐
Give something away to a person who wants it or can use it.
MAKING ROOM FOR _____

Day 9 INPUTS ☐
Mute or unfollow ten accounts that leave you feeling behind.
MAKING ROOM FOR _____

Day 10 TABS IN MY HEAD ☐
Clear one surface you see every day, like a desk, counter or nightstand.
MAKING ROOM FOR _____

Day 11 TOO MANY YESES ☐
Block one empty hour on your calendar this week and keep it empty.
MAKING ROOM FOR _____

Day 12 ENERGY DRAINS ☐
Notice who or what left you flat this week. Write one boundary to try.
MAKING ROOM FOR _____

Day 13 TABS IN MY HEAD ☐
Write tomorrow's top three tonight, and nothing more.
MAKING ROOM FOR _____

Day 14 ALL FOUR ☐
Look back at days 1 to 13. Pick the one clearing you want to keep doing.
MAKING ROOM FOR _____

How to use it

- Do one day's clearing. It should take 15 minutes or less.
- Check the box, then write what you're making room for.
- Skip a day that doesn't fit and swap in your own clearing.
- Missed a day? Pick up at the next one. No catching up.

What showed up in the space

A feeling, an idea, a yes, an hour back. Write it all down.