



# Fresh Start Guide

A simple reset for your space, time, digital life, and connections.

## Today I want to focus on:

- |   |  |
|---|--|
| <input type="checkbox"/> My space           | <input type="checkbox"/> My digital life |
| <input type="checkbox"/> My time and energy | <input type="checkbox"/> My connections  |

- ☐ I have spots that collect clutter and stress me when I see them.
- ☐ I move piles around instead of deciding what to keep or toss.

**Small step this week:** \_\_\_\_\_

*For example: clear one surface, toss 10 items, sort one bag.*

### 1 My Space

- ☐ My days are full, but not always with what matters most.
- ☐ I rarely have a block of time for rest, faith, hobbies, or people.

**Small step this week:** \_\_\_\_\_

*For example: protect one hour, say no to one extra task.*

### 2 Time, Energy

- ☐ My days are full, but not always with what matters most.
- ☐ I rarely have a block of time for rest, faith, hobbies, or people.

**Small step this week:** \_\_\_\_\_

*For example: set a phone free time, delete 10 old emails or apps.*

### 3 Digital Life

- ☐ There is someone I miss, but I have not reached out.
- ☐ Tension in one relationship takes up a lot of mental space.

**Small step this week:** \_\_\_\_\_

*For example: send a text, make a call, set up time together.*

### 4 Connections