

THE OVERWINTERING SERIES

WEEK 01

Preparation

CLEAR SPACE FOR WHAT TRULY MATTERS

Preparation is about making room for what's most important by letting go of what no longer serves you. This section will guide you through three steps to clear space—physically, mentally, and emotionally—so you can focus on what truly matters this season.

STEP ONE: IDENTIFY THE CLUTTER

Take a moment to reflect on where your life feels cluttered or overwhelming. Use the prompts below to take stock of your current commitments and environment:

- What areas feel the most chaotic or distracting right now?
 - (Examples: your schedule, your living space, your relationships)
- What's pulling your energy away from the things that matter most?
- What obligations or tasks no longer align with your values or goals?

Clutter is often a consequence of indecision. Decide what matters, and let the rest fall away.

— Cal Newport, *Deep Work*



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STEP TWO: DECIDE WHAT TO LET GO

Now, let's narrow it down. Write at least one thing in each category that you're ready to release:

- Physical Space: (e.g., cluttered desk, overpacked closet, unused items)
- Mental Space: (e.g., overthinking, constant digital distractions, or information overload)
- Emotional Space: (e.g., holding onto resentment, unhealthy relationships, or lingering feelings of guilt)

STEP THREE: CREATE SPACE FOR WHAT MATTERS

Use this time to list 2-3 priorities in each area that you want to make room for this season:

- Physical Space: (e.g., cleaning and organizing your desk for a focused workspace)
- Mental Space: (e.g., Setting boundaries on social media time to reduce distractions)
- Emotional Space: (e.g., Letting go of lingering frustration by forgiving yourself or others)

When you say yes to something, you are saying no to something else. Make sure your yes is worth the no.

— James Clear

