



Decision Detox

Clear the mental clutter
in 5 minutes or less

Sometimes the mental noise builds up until it's hard to hear ourselves or think clearly. In this detox, hit pause and reflect on what's clouding your mind.



THE PURPLE OWL

START THE CONVERSATION. REBUILD THE TRUST.



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Owls don't waste energy on noise —
neither should you.

JOURNAL: _____

What decisions or areas of mental clutter are
making the most noise in your life right now?

And why?





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Signs You Need a Detox

- You can't focus on basic tasks
- You snap at people for no real reason
- You feel exhausted after even small decisions

THE 3-QUESTION FILTER

1. Does this need a decision today?
2. Will this matter a week from now?
3. What would I tell my best friend to do?



For more time-saving tools, visit
<https://www.purpleowlblog.com>

