



The 5-Minute Desk Reset Framework

If focus feels harder than it should, reset the environment — not your effort.

Clear The Surface

Remove anything not used daily. Visual noise = mental noise.

Define One Purpose

Ask: What is this desk mainly for?

Keep only tools that support that answer.

Check Your Body

Feet grounded. Screen at eye level. Shoulders relaxed.

Comfort equals cognitive capacity.

Reduce Visual Pull

Limit movement, clutter, or distractions in your direct line of sight.

Reset Tomorrow's Start Point

Leave one clear task ready for the next session.

Goal:

Not a perfect desk — just a workspace that stops competing for your attention.
