



The Mental Clutter Reset Framework

Clear thinking often starts by removing unnecessary friction from the world around you.

Reduce Visible Noise

Clear unnecessary items, tabs, and notifications.

Create Fewer Open Loops

Finish, file, delete, or capture tasks instead of leaving them mentally active.

Simplify What You See Daily

Keep your most-used environments visually calmer.

Lower Cognitive Friction

Reduce the amount your brain has to manage continuously.
