

Clarity Crew 2026



Back to Basics: Declutter for Clarity

Welcome to your **clarity journey**. This isn't busywork; it's a sacred pause to tell the truth about where your life feels crowded and where God is inviting order back in.

Think of the workbooks as your **personal war room map**.

As we move through the session, you'll:

- Notice the areas of your life that are noisy or overloaded
- Name what *true* order would look and feel like
- Design one simple system that supports the life you keep saying you want

You do **not** need more hype or pressure. You need **honest inventory and better systems**. God is not the author of confusion but of peace, and because you are made in His image, that peace and order can show up in your time, your home, your phone, your body, your relationships, and your inner world.

As you work through each section:

- Move slowly enough to be honest
- Release shame - this is data, not a verdict
- Ask, "What is God showing me here?"

Your focus for tonight

A word that guides your intention

Group Work

Sharing systems that work

Action Plan

A system you will implement

Part 1: Assess – Where is the Clutter?

Before We Begin: A Moment of Honest Inventory

Order doesn't happen by accident—it starts with **seeing clearly**.

This assessment isn't about shame or performance. It's about **naming the chaos**, so God can bring light to it. You are not your clutter. You are a made in His image, and this is simply **data for transformation**.

How to complete the assessment:

- For each statement, check **ONE box** (1 = "This is total chaos for me" | 5 = "This is ordered peace for me")
- Add your five checked numbers to get each dimension's total score (max 25)
- Your **lowest score** reveals your greatest opportunity for order

 **Breathe. Pause. Be honest.** Awareness is always the first miracle.

Dimension 1: Physical Space

Evaluate your physical environment

Your physical environment is **not neutral**. The counters you can't see, the closets that overwhelm you, the car trunk that feels like a black hole - they **speak to your soul** every day.

An organized home isn't about perfectionism or Instagram-worthy aesthetics. It's **stewardship** of what God has entrusted to you. It's creating a space where your mind can rest, your family can connect, and your spirit can breathe.

Physical order creates the mental and emotional space for everything else to flourish.

Signs of disorder

Cluttered surfaces

Constantly searching for objects

Stress when entering certain spaces

Accumulation without purpose

Lack of organizational systems

Physical Space (home, car, workspace, belongings)

Statement	1	2	3	4	5
My home feels organized and peaceful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can find what I need when I need it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I regularly declutter and donate items I don't use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My workspace/desk is clear and functional.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have systems for managing incoming items (mail, packages, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total score for Physical Space: _____ / 25

Dimension 2: Time

"We do not rise to the level of our goals, we fall to the level of our systems." – Tony Robbins

Time: Your Calendar and Commitments

Time is your **most finite, most sacred resource**. You can declutter a closet in an afternoon, but reclaiming your calendar requires courage and conviction.

The truth is a **full calendar does not mean a full life**. Hustle is not holiness. Exhaustion is not a badge of honor. God rested on the seventh day - not because He was weak, but because **rest and margin are part of His design for you**.

If you are chronically rushed, overcommitted, or unable to say no, clutter has invaded your time. And where time goes, peace cannot follow.

Remember: a full calendar does not mean a full life.

Time (calendar, commitments, pace of life)

Statement	1	2	3	4	5
I have margin in my calendar most weeks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I rarely feel rushed or overwhelmed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can say "no" to requests that don't fit my priorities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I protect time for rest and relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I plan my week intentionally, not just reactively.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total score for Time: _____ / 25

Dimension 3: Digital

Digital: Technology and Screens

Your **digital life can steal your presence**, and rob you of the people and purposes God has placed in your path. Technology was meant to **serve you**, not enslave you. Yet most of us have our phones in our hands more than we have our children's hands, or our journals. Notifications ping while God whispers. We scroll while our souls hunger.

The digital clutter is pervasive because it feels productive, but fragments your attention, steals your peace, and erodes your capacity to be fully present where God has planted you.

Digital (phone, apps, notifications, email)

Statement	1	2	3	4	5
I use my phone intentionally, not out of habit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My notifications are minimized.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have boundaries around screen time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My email and desktop are reasonably organized.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I regularly delete unused apps, files, or subscriptions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total score for Digital: _____ / 25

Dimension 4: Body & Nutrition

Body & Nutrition

Your **body is a temple** – the only one you get in this lifetime. It houses your spirit, carries your calling, and serves as God's instrument in the world.

Physical self-care is not selfishness. It's **responsibility**. You cannot pour from an empty cup. You cannot steward your family, your work, your purpose when your body is depleted, inflamed, or exhausted.

When you neglect sleep, eat standing up while scrolling, or treat movement as optional, you are **dimming the light God designed you to shine**. Order in your body, creates order everywhere else.

Body/Food (eating, sleep, movement)

Statement	1	2	3	4	5
I eat meals sitting down, not rushed.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I have a consistent sleep routine.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I move my body regularly.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I drink enough water and eat mostly nourishing foods.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
I listen to my body's signals (hunger, fatigue, stress).	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Total score for Body/Food: _____ / 25

Dimension 5: Troops at Home

Troops at Home

Healthy relationships require systems, not wishful thinking.

Your home is not just where you live - it's where your **troops gather**, where legacies are built, where God's covenant relationships are stewarded.

Clarity at home creates peace for everyone. Unspoken expectations, unclear roles, reactive conflicts, they drain the joy and energy from the people you love most. Chaos at home becomes chaos everywhere.

When your family calendar is a mystery, responsibilities fall through cracks, and conversations turn into battlegrounds, you cannot bring your best self to the world.

Order at home is our ministry, an example to those who are looking to you for guidance.

Household Troops (relationships, family roles, systems)

Statement	1	2	3	4	5
We have a shared family calendar or system.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roles and responsibilities at home are clear and fair.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We have regular check-ins or family meetings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conflicts are addressed, not ignored.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everyone generally knows what's expected and feels heard.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total score for Household Troops: _____ / 25

Dimension 6: Inner World

Your inner world – your thoughts, emotions, mental patterns, and spiritual life – is the source of everything else. This dimension is often the most neglected, but the most critical. Inner disorder creates outer disorder.



Mental Patterns

What thoughts repeat themselves? Are they true and uplifting?



Emotional Health

Can you feel without judging yourself? Do you process or suppress?



Spiritual Life

Do you have practices that connect you with God and your purpose?

If this dimension was your lowest score, celebrate your courage in acknowledging it. Inner work is the hardest and most transformative.

Inner World (thoughts, emotions, spiritual life)

Statement	1	2	3	4	5
I rarely replay past failures or conversations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I give myself permission to rest without guilt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have practices that quiet my mind (prayer, journaling, breathing, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can name what I'm feeling without shame.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I live by my values more than others' expectations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total score for Inner World: _____ / 25

Part 2: Dream – What Would Order Look Like?

You've now seen the chaos. **Now it's time to dream.**

You cannot create what you cannot imagine, and you cannot steward what you cannot see clearly. This isn't vague "someday" wishing – it's **visionary preparation** for a life that has space – to think, to breath, to have fun.

Focus on your lowest-scoring dimension. Paint a picture so specific you can almost touch it:

Question 1: *What would order look like, feel like, sound like in this area?*

Be concrete – not "I want to be more organized," but:

"My kitchen counter is clear every night when I go to bed."

"I have two hours of margin/space each week for what matters most."

"My phone is off by 8pm and stays in another room."

"We have Sunday night family huddles where everyone feels heard."

Specificity creates clarity. Clarity creates conviction. Conviction creates action.

01

What would order look like?

Describe the specific image of your ordered area

02

What would this give you?

Peace, energy, connection, focus, obedience, joy

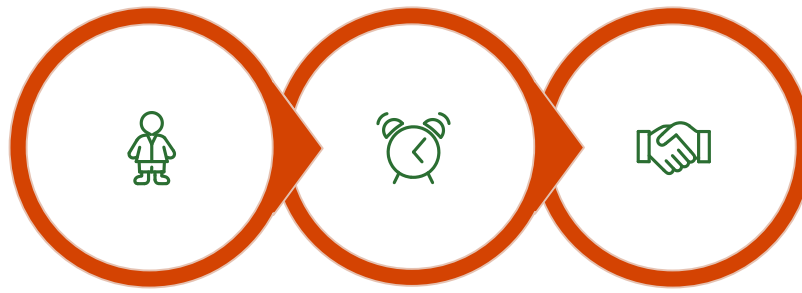
03

What is God's heart here?

What do you feel He wants for you in this area?

"For God is not a God of confusion but of peace." – 1 Corinthians 14:33

Part 3: Plan – Build ONE System



**Design
Habit**

Set Trigger

**Add
Accountability**

Systems beat willpower. **Always.** You don't need more motivation, more guilt, or more "should". You need **a structure that makes the right action automatic.**

In this section, design ONE small, repeatable system for your focus area. Just one. Not ten. Not five. **One.**

Research confirms what experience teaches: people sustain change when they **start small and build momentum.** Your first victory creates the next.

Link it to an existing rhythm for automaticity. The structure carries you when motivation fades.

WHEN?

What time of day? After what existing habit? Be specific.

WHERE?

What location or environment? Context matters.

HOW OFTEN?

Daily? Weekly? What specific days?

WHO?

Your accountability partner. Name and contact.

Your Commitment and Next Steps

You've assessed. You've dreamed. You've planned.

Now it's time to act.

This isn't about perfection – it's about **faithfulness to the next right step**.

You already committed when you showed up tonight, when you told the truth on this worksheet, when you chose one system to test.

In the next 24 hours

Implement your system between now and our next Clarity Crew session

This week

Text your accountability partner tonight

Next session

Report back with **honesty and grace** for yourself – progress, not perfection

There is divine power **already in you**. It doesn't wait for you to be perfect. It waits for you to be willing.

Go create space.

📌 Your life is the culmination of daily choices.

Start with one repeatable system. Master it until it's automatic. Then add another. And another.

Over time, your life becomes a well-oiled machine – predictable and resilient.

When chaos or the unexpected arrives (and it will), you won't be thrown off course.

Systems prepare you for what life cannot.

~ Yvette Lopez

Group Reminders & Notes

Anchors of Wisdom

"You don't need more motivation; you need a 5-second bridge to the right action." — Mel Robbins

"We don't rise to the level of our goals, we fall to the level of our systems." — Tony Robbins

Scripture: "For God is not a God of confusion but of peace." — 1 Corinthians 14:33

Systems That Work

During our group discussion round, capture 2-3 ideas that resonated with you. These peer-tested systems can inspire your own approach:

System 1:

System 2:

System 3:

Remember: growth happens in community.

You are not alone on this journey.

Every person in Clarity Crew is committed to the same work of creating order out of chaos, and eliminating the distractions so we can focus on what matters most.

Celebrate every small victory, show yourself grace in setbacks, and trust that God is working in you to create something beautiful.

Order is not perfectionism; it is faithful stewardship of all that He has entrusted to you.