THE TWO-WEEK CLEANSE WORKSHEET

A two-week experiment in doing less to achieve more

You probably have amazing raw ingredients in your brain pantry. Customer conversations, articles, research, experiences, observations. There's plenty to work with; there just hasn't been time for your brain to process those ingredients into something nourishing.

This is a two-week challenge to give your brain the air it needs. Not by adding more to your schedule, but by allowing time with no new input.

The challenge:

- ☐ Liberate a minimum of 6 hours over the two weeks where you have no input
- ☐ Count only chunks where you get 45 minutes or more
- ☐ Do something physical (preferably outside) while you're thinking
- ☐ Eliminate all unnatural input — no music, no podcasts, no radio, no screens
- ☐ If you need to get up earlier to make it work, get up earlier for two weeks

It takes two full weeks with several sessions of low-input time to see the first green shoots of new ideas. Stay with it.

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Section 1: Diagnose your air supply

Before you start the challenge, take stock of where things stand. Be honest — the discomfort is useful information.

When was the last time you spent a full hour with minimal input: no screen, no podcast, no radio in the background?

_____
_____
_____
_____
_____

What is currently crowding out your air? (What fills the gaps between tasks?)

□ Phone / social media
□ Podcasts or music
□ Email or Slack
□ News or video
□ Jumping straight to the next task
□ Other: _____

How would you describe the current state of your thinking, emotions, and energy?

_____
_____
_____
_____
_____

What would you most like to have more clarity, insight, or energy around over the next two weeks?

_____
_____
_____
_____
_____

Section 2: Build your low-input menu

The key is not to set out to think about anything in particular. Just make space for yourself and be confident that all the necessary ingredients are already in the pantry — they just need the air.

What works is personal. Some people walk or run. Some garden or fish. Some do puzzles or color. The common denominator is a body that's occupied and a mind that's unencumbered. Mark the ones that feel accessible for you, then add your own.

Low-input activities that work well:

- □ Walking
- □ Gardening
- □ Baking or cooking
- □ Cleaning, laundry, or other household chores
- □ Running or exercise (without music or a podcast)
- □ Driving, flying, or riding a train (with no screen or earphones)
- □ Getting a massage or other bodywork
- □ Doing something with your hands (craft, repair, cleaning)
- □ Sitting outside with a coffee or tea

Your own additions:

- □ _____
- □ _____

Which two or three of these are most realistic for you to build into the next two weeks?

_____

_____

_____

Are there any changes you'd need to make to protect these blocks? (Earlier start? Walk instead of drive? Leave the earbuds at home?)

_____

_____

_____

Section 3: Track your sessions

Log each session as you go. The 45-minute minimum matters; shorter windows don't give your brain enough time to settle. Aim for at least 3 sessions per week to hit your 6-hour target.

In the "What came up" column, note any ideas, observations, connections, or energy shifts (even small ones). Noticing the return on investment keeps you motivated.

	Activity (what I did)	Duration	45 min+?	What came up
Week 1			☐	
			☐	
			☐	
			☐	
Week 2			☐	
			☐	
			☐	
			☐	

End of Week 1 check-in: What have you noticed so far?

_____

_____

_____

End of Week 2 check-in: What has shifted?

_____

_____

_____

Section 4: What did you learn?

Use this page at the end of the two weeks or any time you want to reflect on what the air has been doing for you.

What ideas, insights, or connections came up that surprised you?

_____

_____

_____

What did you notice about your energy, thinking, or mood on days when you had low-input time vs. days when you didn't?

_____

_____

_____

Which low-input activities worked best for you?

_____

_____

_____

What would you need to protect going forward to keep this as a regular practice and not just a two-week experiment?

_____

_____

_____

Complete this sentence:

After two weeks of doing more nothing, the thing I want to protect most is _____ because _____.

> *"When your energy is low, fight the urge to cram in more activity and instead, do more nothing. Give your brain time to consolidate and connect the ideas that are already there into insights." — Thoughtload*