

BEYOND MARKS

CLUTTER AUDIT & RESET SHEET

Name: _____ Date: _____

Instructions

For each statement, rate yourself from 1 to 5.

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Almost Always

Be honest. This sheet is for clarity, not judgement.

Part A: Digital Clutter

Statement	Rating
I check my phone while studying.	_____
Notifications interrupt my focus.	_____
I switch between multiple apps while studying.	_____
I watch videos unrelated to my studies during study time.	_____
I lose track of time online.	_____

Digital Clutter Score = _____ / 25

Part B: Academic Clutter

Statement	Rating
I use too many resources for the same topic.	_____
My notes are scattered across different places.	_____
I often don't know where to begin studying.	_____
I spend more time planning than actually studying.	_____
I frequently change study methods.	_____

Academic Clutter Score = _____ / 25

Part C: Emotional Clutter

Statement	Rating
I compare myself with others.	_____
I worry about marks while studying.	_____
I overthink mistakes.	_____
I feel overwhelmed by upcoming exams.	_____
I doubt my abilities.	_____

Emotional Clutter Score = _____ / 25

My Biggest Source of Clutter

Highest Score: _____

My Clarity Reset

One thing I will change this week:

Reflection

What is taking up most of my mental space right now?

What would make my studies feel simpler and clearer?

A cluttered mind does not need more effort. It needs more clarity.

Small changes repeated consistently create meaningful results.