

Mental Clear Out Checklist

Take a few quiet moments to slow down and be honest with yourself. Read through each statement and place a check beside the areas that speak to what you are currently carrying. Don't rush or judge yourself—this is a safe space for reflection and release.

As you complete the checklist, pray over each area and ask God to show you what needs to be released, changed, forgiven, or surrendered. You do not have to address everything at once. Choose one or two areas to begin with and invite God into the process.

☐ **Release what I cannot control.**

I will stop carrying situations that belong in God's hands.

"Cast your burden upon the LORD and He will sustain you." — Psalm 55:22 (NASB)

☐ **Let go of yesterday.**

I can learn from the past without continuing to live there.

☐ **Clear out negative self-talk.**

I will challenge thoughts that tell me I am incapable, unworthy, or defeated.

☐ **Stop rehearsing old conversations.**

I do not need to keep replaying what was said, what I should have said, or what I wish had happened.

☐ **Release unnecessary guilt.**

I will repent where needed, receive God's forgiveness, and move forward.

☐ **Unsubscribe from comparison.**

Someone else's journey does not determine the value or timing of mine.

☐ **Clear out unrealistic expectations.**

I give myself permission to be human, to rest, to learn, and to grow.

☐ **Identify what is draining me.**

What relationships, commitments, habits, or worries are taking up too much mental space?

☐ **Make room for healthy boundaries.**

Every request does not require a yes. Every problem does not require my involvement.

☐ **Replace worry with prayer.**

When anxious thoughts return, I will turn them into conversations with God.

☐ **Create space for quiet.**

I do not have to fill every moment with noise, activity, or information.

☐ **Focus on what matters today.**

I will ask myself: *What actually needs my attention right now?*

☐ **Fill the cleared space with truth.**

“Whatever is true, whatever is honorable, whatever is right, whatever is pure... dwell on these things.” – Philippians 4:8 (NASB)

Before you move on, answer these questions truthfully:

What do I need to stop carrying?

What thought do I need to release?

What deserves more of my attention?

What am I placing in God’s hands today?

Pray:

Father, thank You for helping me clear the clutter from my mind and heart. I release every burden, worry, fear, and thought that I was never meant to carry. Fill the space I have created with Your peace, Your truth, and Your presence. Renew my mind, strengthen my faith, and help me move forward with a lighter heart and a clearer mind.

In Jesus’ name, Amen.

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