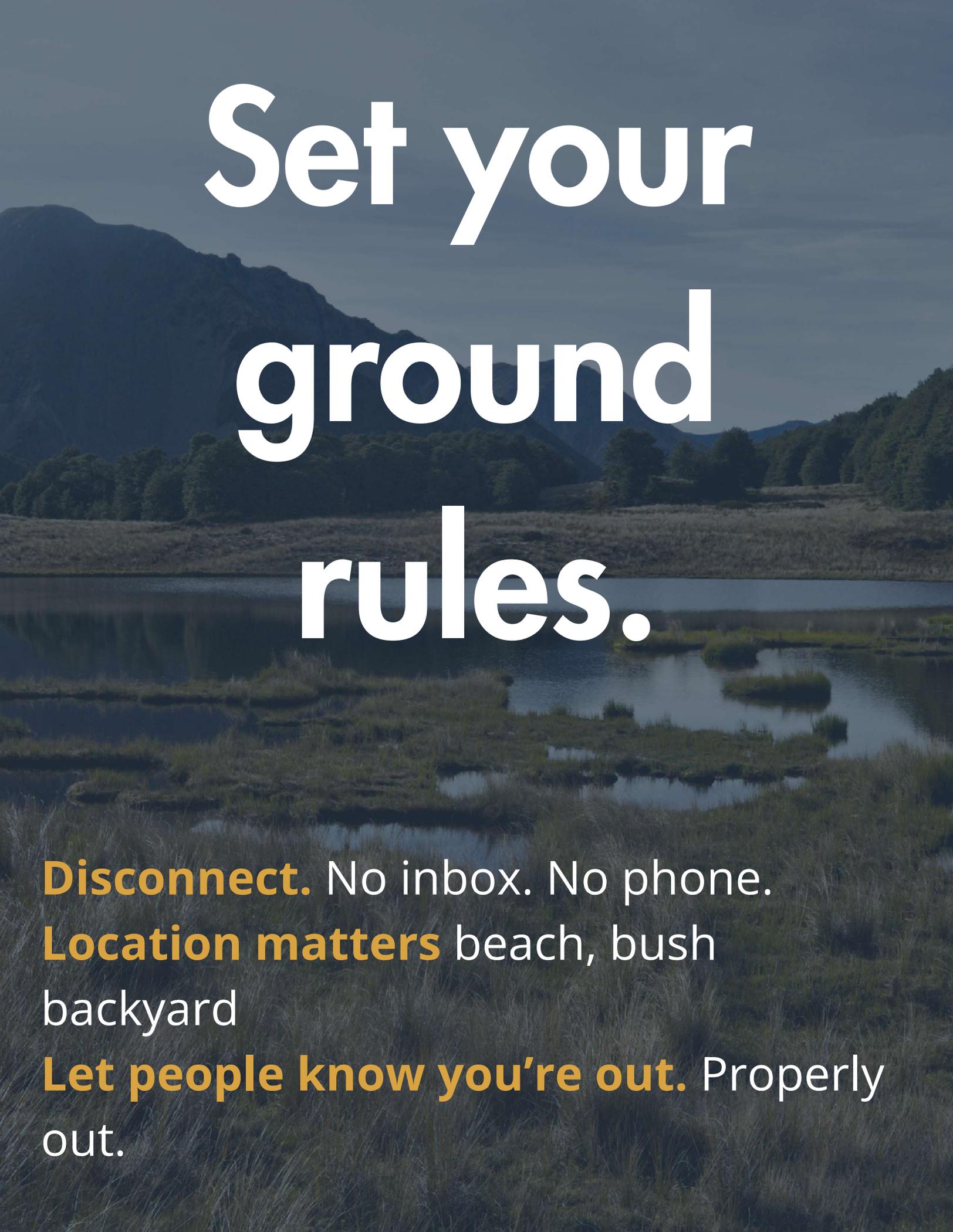# The idea is simple.

A Clearing Day is a leadership rhythm.
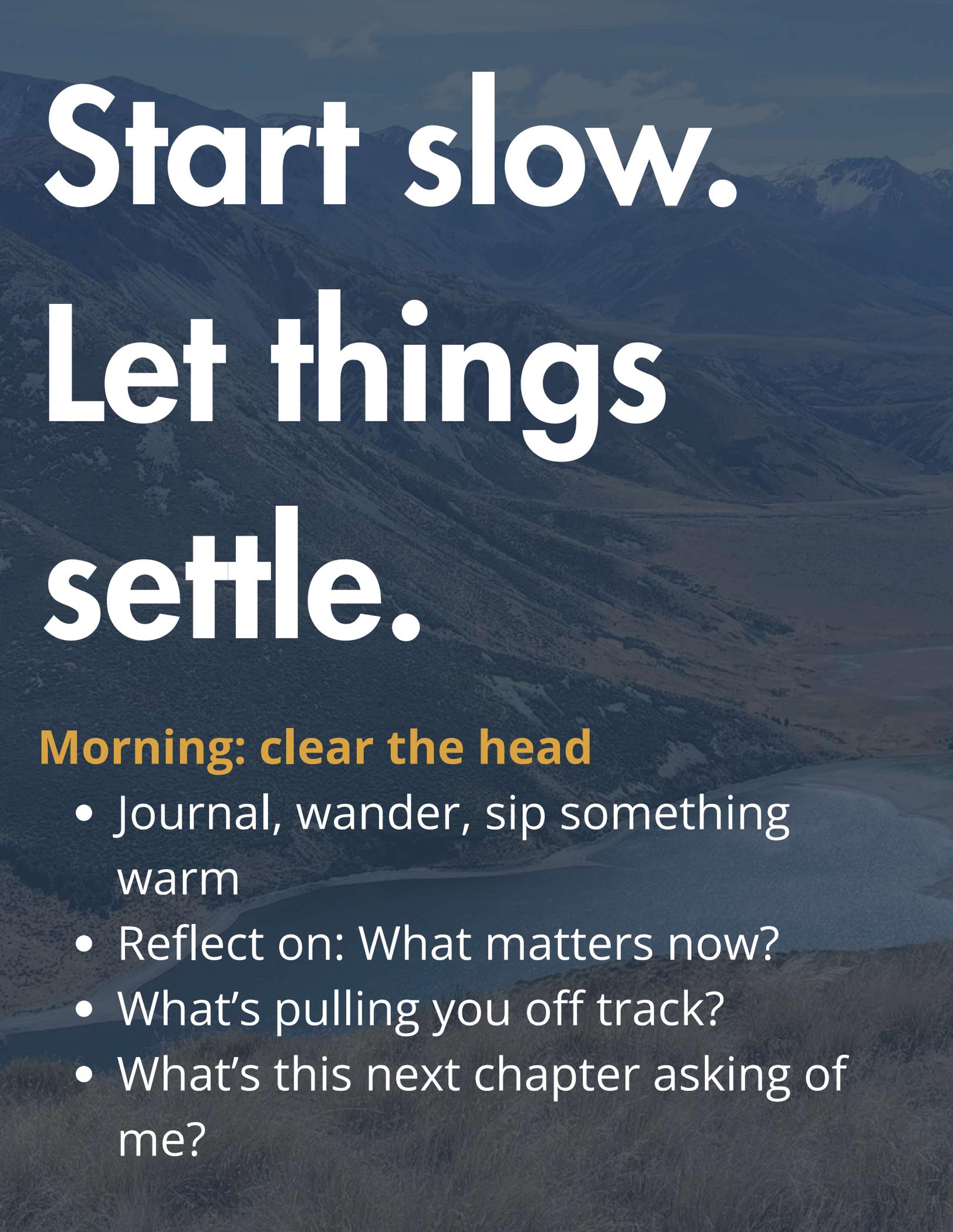
Set your ground rules.

Disconnect. No inbox. No phone.
Location matters beach, bush backyard
Let people know you're out. Properly out.

Start slow. Let things settle.

Morning: clear the head

- Journal, wander, sip something warm
- Reflect on: What matters now?
- What's pulling you off track?
- What's this next chapter asking of me?

Then explore.

Late morning: idea space

- Read something you've been putting off
- Sketch or brainstorm
- Let the threads tangle a bit

Stretch your thinking. Don't fill it yet.

Prioritise and anchor.

Midday: lunch + light planning

- What stood out?
- What's worth pursuing?
- What can wait?

Nothing fancy. You're looking for a short list you believe in.

Turn it into direction.

Afternoon: shape and commit

- Draft a rough plan, map, or framework
- Capture next steps
- Note what you'll let go of too

This part's about traction.

Close the loop.

End of day:

- Review where you landed
- Set one intention
- If it helps, share a takeaway with someone

Then log off properly. Let it settle.

Habits make the leader.

You don't need a crisis to justify reflection.

You need rhythm.

Clearings are an important part of any climb.