
THE ONE-PAGE EXECUTIVE RESET CHECKLIST

Elevated Lifestyle Home | Focus Blueprint

[] THE AUDIT PHASE

- Track every audio, tactile, and visual alert for three consecutive hours to map your disruptions.
- Tag the top three non-essential applications that cause immediate attention residue or mental drag.
- Note your specific high-anxiety communication channels that consistently disrupt your creative flow.

[] THE TECH CLEANSE

- Turn off all lock screen privileges for non-essential applications to protect your visual field.
- Disable app icon badges across your entire device to eliminate artificial visual urgency triggers.
- Set your mobile display setting to greyscale to lower dopamine stimulation and prevent mindless scrolling.

[] FOCUS MODE CONFIGURATION

- Create an automated, custom "Deep Work" focus profile engineered for your peak morning hours.
- Whitelist only critical emergency contacts, ensuring key family members and core partners can break through.
- Set background collaborative platforms, such as Slack and email, to manual pull-only retrieval.

[] THE SPATIAL PROTOCOL

- Place your primary mobile device completely out of your direct line of sight in a closed drawer.
- Anchor your physical desk workspace using a premium linen notebook and a luxury analog pen.
- Set an elegant mechanical visual timer for fixed, uninterrupted 90-minute high-yield production intervals.

[] COMMUNICATION BOUNDARIES

- Set a clear, transparent status update on your professional platforms signaling your focus blocks.
- Batch your necessary message retrieval into scheduled 15-minute windows every two hours.
- Initiate a strict evening digital sunset by turning off all professional work technology by 7:00 PM.

True executive performance begins when you choose to manage your digital landscape instead of allowing an algorithm to dictate your focus. Guard your attention with absolute intent, protect your mental space, and let your exceptional results speak for themselves.

Brought to you by Elevated Lifestyle Home. Reclaim your stillness, elevate your daily environment, and build your creative legacy at

=====

www.elevatedlifestylehome.com