

5-MINUTE CLOSET CLARITY GAME PLAN

A quick reset for your energy, identity,
and outfits

by Queens of Focus



QueensOfFocus.com

CHECK IN: HOW DO I WANT TO FEEL TODAY?

(Circle as many as you want — or write your own)

Powerful

Calm

Supported

Playful

Grounded

Seen

Creative

Professional

Invisible
(yep, valid too)

Cozy

Free

Today, I want to feel:

WHAT'S MY REAL-LIFE VIBE TODAY?

(Let's get honest with ourselves, Queen)

- I've got 3 meetings and no patience
- I'm on a focus mission
- I'm caregiving, multitasking, and surviving
- I'm running errands and need easy shoes
- I'm feeling extra and want to shine
- I want to blend in and get stuff done

My vibe today is:



QUICK OUTFIT BRAINSTORM

**Grab 2–3 things that fit your vibe.
Don't overthink.**

Top: _____

Bottom: _____

Layer / Jacket: _____

Shoes: _____

Accessories (optional): _____



FINISH WITH A REWARD

**You made a decision!
That's executive function, baby.**

- Music playlist that hypes you up
- Cup of tea or coffee
- Glittery sticker on your Focus Sheet
- Vox a friend + say "I picked an outfit and didn't cry!"
- Text yourself "Queen energy unlocked"

Your closet isn't just clothes. It's identity decision-making, and energy management.

You're not being "dramatic" if it feels hard.
You're being honest. And that is focus work.

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Great job getting started.
You are on your way to reclaiming your crown!



There are more great tricks to win more often.

Please visit us online for your next step.

Join our community at

QueensOfFocus.com/community