

# The Home Office Focus Audit™



Your workspace is either supporting your nervous system — or silently draining it.



Use this 6-point audit to identify cognitive friction and correct it within 24 hours.



[www.mindbogglingstudio.com](http://www.mindbogglingstudio.com)



# 1. The Command Check

Is your back facing the door?

Why it matters:

When you cannot see the entrance, your brain remains subtly alert. This increases background stress and reduces executive clarity.

Fix:

Move your desk diagonal to the entrance. Seeing the door reduces the startle response and increases confidence.



## 2. The Visual Noise Scan

Do you have more than 3 loose items on your desk?

Why it matters:

Every visible item becomes a micro-decision. Micro-decisions accumulate into decision fatigue.

Fix:

Use desk organizers to create negative space and reduce cognitive load.



## 3. The Tangled Qi Test

Are your power cables visible?

Why it matters:

Visible wires create visual fragmentation. Fragmentation increases subtle mental tension.

Fix:

Use a cable management kit to smooth your visual field and stabilize attention.



## 4. The Lighting Reset

Is light hitting your screen instead of your workspace?

Why it matters:

Screen glare increases eye strain and mental fatigue.

Fix:

Position lighting to illuminate your desk surface, not your monitor.



## □ **5. The Success Anchor**

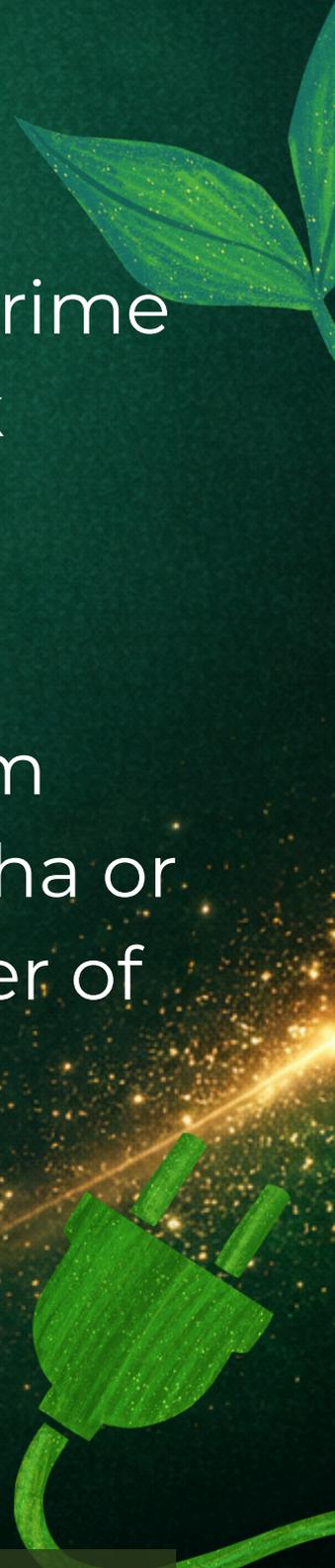
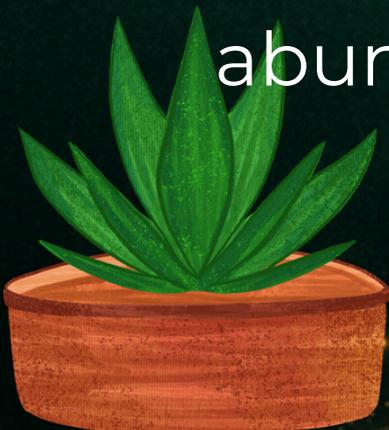
Do you have a visual cue reinforcing growth?

Why it matters:

Intentional objects act as behavioral anchors. They prime mindset during deep work sessions.

Fix:

Place a small symbolic item (such as a Laughing Buddha or Citrine) in the far-left corner of your desk to reinforce abundance focus.



## 6. The Survival Wall

Is your back exposed to open space?

Why it matters:

Lack of support increases subconscious vigilance.

Fix:

Move against a solid wall or use a high-back ergonomic chair to provide environmental stability.



# If You Found Gaps — Fix Them Today

Correcting your workspace improves clarity faster than motivation ever will.

- Executive Desk Organizer — Eliminate Visual Noise
- Pro Cable Management Kit — Hide Visual Fragmentation
- Gold Abundance Buddha — Activate Your Wealth Corner

Small environmental shifts.  
Compounding mental returns.

