

LIZZYLAND

The Dream Architecture

The complete reset — the method, and the tools to do it with.

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• Before You Start •

How This Pack Works

This one is different from the others. It isn't a single tool — it's the whole reset, bundled: the thinking, and then the doing.

Part One — The Method is for if you're truly, properly unhappy with your life and you want to actually do something about it. Establish what's wrong. Work out what you're really chasing underneath the fantasy. Build the full vision, plan backwards from it, and sequence the work so you don't drown in it.

Part Two — The Toolkit is everything you already know how to use: the Morning Manifestation, the Declutter Checklist, the Habit Tracker, and the Morning Architecture. Each already exists as its own download on the site — bundled here so the thinking and the doing live in exactly one place.

Read Part One once, properly. Then keep Part Two open on your desk for as long as you need it.

The Method

If you are truly unhappy with your life, use this.

Establish What's Wrong

Start honest. What, specifically, is wrong? Not "everything" — that's a feeling, not a diagnosis, and you cannot backwards-plan your way out of a feeling. Name it. Money. Time. Body. Relationship. Location. Purpose. Write down the real thing, not the socially acceptable version of the real thing.

The Endless Resources Test

Here's the test: if you had endless money and perfect health — genuinely endless, genuinely perfect — what would you actually do all day? Not the highlight reel. The actual day, morning to night.

Now find the middle ground between that fantasy and the life you're currently living. The gap between the two is usually smaller, and far more buildable, than it feels from inside the unhappiness.

Interrogate The Fantasy

Before you chase the endless-resources version, interrogate it — because most fantasies have a sting in the tail nobody mentions.

Fame sounds wonderful as a passing thought. But unless you truly love your craft, are you actually willing to trade your privacy for it? The demanding schedule, the public eye when it turns on you — is the fantasy the fame, or is it being good enough at something that people notice?

Wealth sounds wonderful too — a million-dollar company, obviously. But are you willing to spend day and night building it? Do you love the work enough to sacrifice that much time and energy, or do you just want what the money buys — the freedom, not the empire?

The beach house sounds perfect. But do you still want it when it's humid, or raining, or the power's out in a storm? Or is what you're actually chasing the feeling you get on holiday — the sunshine, the sea air, the permission to rest — which might be buildable somewhere far cheaper than a beachfront mortgage?

This is the real work of the exercise: figure out what you're actually seeking underneath the fantasy. Freedom to practise your craft professionally. Wealth as a route to choice, not obligation. Rest, not

real estate. Once you know what you're actually after, you can usually get there by a far shorter, far cheaper road than the one the fantasy was selling you.

Build The Full Vision

Once you know what you're actually chasing, build the whole day around it — not just the aesthetic. How you'll spend your in-between time. What your actual daily activities look like. And critically: how your real relationships fit into this vision.

Don't dream of being a single backpacker with no fixed address if you've got a partner and three kids. What will you do with them? Where do they live inside this dream? A vision that quietly deletes the people you love isn't a vision — it's an escape fantasy, and it won't survive contact with Monday morning.

Backwards Plan From Here

Most people plan forwards. They stand where they are, look at the distance to the goal, feel the size of the gap — and stop before they've even started.

Backwards planning fixes this. You start at the end — the goal, fully realised — and work backwards, one step at a time, until you land on something you can do today. Not next month. Not once you have more money, more time, or more confidence. Today.

How It Works

Say the goal is: first sale on my online candle shop.

Work backwards from there. The sale happens because the shop is live and someone finds it. The shop is live because five products are listed with decent photos. The products exist because I made five test batches and settled on scents and packaging. The test batches happened because I ordered supplies. I ordered supplies once I knew what they cost and who sells them. I knew that because I watched three YouTube tutorials.

What can I do today? Search YouTube. Watch one video. That's the first step.

That's the whole method — reducing an overwhelming goal to a single, specific thing you can do right now. Everything after that is future-you's problem to solve, one link at a time.

How To Do It For Your Idea

Write your goal at the top of a blank page. Make it specific — not "start a business," but "make my first R1,000 from selling handmade jewellery." Then ask: what has to happen just before this? And before that? And before that? Keep going until you land on something doable this week. That's your starting point.

The method also shows you where the actual work is. Sometimes you'll trace it back and discover the very next step is just a phone call, a Google search, or a conversation with someone who's already done it. Big goals are usually just a chain of ordinary steps nobody told you were connected.

One Thing To Remember

The plan will change. It always does. The point was never a perfect map — it's a direction and a first move. You adjust as you go.

Sequence The Work

Once you know what you actually want — person, place, state of mind — look at the steps between here and there. If you don't want a complete life overhaul, simply list everything you feel you need to do to relax and live the sweet life. From that list, sequence the work like this:

First — take every small, fast task, the ones you can knock out in minutes not weeks, and turn them into a speed game. How quickly can you clear this pile? You'll be left holding only the longer, more complex tasks, which is exactly where you want to be.

Second — take on anything that costs you money or saves you money. Unless you're already a millionaire, your dream life will likely cost something, which is probably part of why you don't have it yet. Plug the financial leaks before you build anything new on top of them.

Third — declutter and streamline. When you're taking a long journey on foot, you pack light. Transforming your life works the same way: fewer moving parts, easier progress. Once the clutter's gone, every remaining project gets easier — no unfinished business dragging at you, more space to move, and a clearer picture of what you actually own and have to work with.

Then — the slog. One project at a time, worked until it's actually finished. This is where most people quietly sabotage themselves: they get to 95% and start the next goal, telling themselves they'll circle back and finish the first one. They rarely do. Finish it. Put everything away. Take a photo of the completed thing. Then, and only then, move to the next.

The Daily Practice

Four days a week, take five actions toward your goal — three if you're genuinely pressed for time. It doesn't need to be the same amount of time each session, but it needs to be protected time, given the attention this deserves.

Use your Morning Manifestation daily throughout this whole process — it's not decoration, it's fuel. And keep the destination in mind while you work: hydrated, well rested, emotionally regulated, abundant, joyful, and in control of your own destiny. That's what you're actually building toward, underneath all the admin.

It sounds like a lot. It is a lot. But it always comes back to one question: how badly do you want it?

If you want to stand on top of your mountain, you have to deal with the climb — and its share of blisters. There's no version of this where the mountain gets shorter because you'd prefer it to be.

But I believe in you. You've got this.

The Toolkit

Everything below already lives on the site as its own download – bundled here so the thinking and the doing live in one place.

TOOL 1 OF 4

The Morning Manifestation

Ten minutes. One page. Every day.

Every day, ten minutes, one A4 page, lined paper. Non-negotiable.

The writing is almost in the form of a letter, where you detail to the reader how wonderful your life is. There may not be one negative word or negative list written in this book. The book is magical. It helps if it's beautiful, and your manifestation pen is beautiful and writes well – this will make you want to do it.

If there's a negative thing you're working on – say you're sick – you write how healthy and well you are. You write how energised and young you feel, how money is overflowing in your life, how healthy and supportive your relationships are, how well-behaved and happy your children are, how divinely protected you are, how organised and productive you are, how much extra time you have, what good decisions you make, how lovely your view is and how much you love your home, how wonderful your career is.

Use a colour you love. Write slowly and calmly, while smiling broadly – the smiling thing is insanely helpful. Force your face into a genuine smile and you start to relax into it while thinking of your dream life. You need to be smiling, because if all this was true, you would be smiling – not so?

Sit in a beautiful, inspiring place while you do it. If you don't have one, create one – your environment must uplift you during this time. This is a leisurely activity, although it doesn't take that long after the first time. In your mind, you are a person of leisure, writing to a dear friend about your successes and the overall joy of your existence.

Write about the things you're grateful for in reality too, as weaving the future possible into the reality of now is part of the magic. You already have things to be grateful for. You already have joy. Focus on it to magnify it into your life.

Every few days, read your letter aloud to yourself – alone. Don't tell anyone about the book, don't show it to people, don't tell them what you've written. Some say it's the evil eye. Some say it's other

people's jealousy. Some say it's because when you tell a plan to someone, you already dopamine yourself — giving your brain what it wanted, stopping you from proceeding to the proper fix. So be silent on this. This is your personal book.

Always write as though it has already happened, and in the positive. Not "I'm no longer poor" — "I am rich." Not "my sickness is gone" — "I am healed."

Once you've written it — and it will often become the same letter, day after day — learn it by heart. Quote it to yourself when you're relaxed: in the bath, lying on the grass, in a state of calm. And also when you feel fear or stress that you aren't getting what you desire. Breathe, relax, and quote the bits relating to the situation.

"I'm not worried, because every day, in every way, I am better and better at ____."

The pentameter of your manifestations matters. Phrase them in a way that gets stuck in your head. If you're going to suffer from echolalia and intrusive thoughts anyway, they may as well be of your own design.

The Declutter Checklist

The why, and the how — over eight days, not one weekend.

Why Order Matters

Don't declutter room by room. Declutter category by category, across the whole house, all at once. If you do "the bedroom" today and "the lounge" next week, you'll find the same category of stuff scattered everywhere, and make the same decision five separate times with less conviction each time. Gather everything of one kind in one pile, then decide on the whole category together.

The order isn't random. Start with the categories that are easiest to be honest about, and save the hardest for last:

- Clothes — first, low attachment, easy wins, builds your decision muscle
- Books — a little harder, but still mostly practical
- Papers — mostly obligation, rarely joy, quick to clear once you're in the swing
- Komono — everything else (kitchen, bathroom, garage, miscellaneous) — the biggest pile, but you're warmed up by now
- Sentimental items — last, always last — you need the practice before you face the box of old letters

The Decision Filter

The classic version: hold it, and ask if it makes you happy. If it doesn't, permission to let it go.

The honest version, for brains like ours: if it was covered in poo, would I clean it or throw it away? Because if you're anything like most ADHD brains, everything sparks a little joy — that's kind of the whole problem. Joy isn't a rare enough signal to filter with. But almost nobody's cleaning the thing that doesn't actually matter to them.

A Note For Crafters, Artists & Homeschoolers

Marie Kondo doesn't really deal with this category, so here's the addition. Craft supplies, art materials, homeschool curriculum — these don't play by the same rules, because you can't spark-joy your way out of genuinely needing them.

Instead: designate a sane, specific amount of space for these materials — not an insane amount, not "however much accumulates" — and hold that line. Be honest about whether you're actually going to do the hobby, or whether it's aspirational clutter wearing a craft-supply costume. If it's been untouched for a year, that's data, not a moral failing.

Permission

Giving something away isn't losing it — it's letting it go on to be treasured by someone who'll actually use it, instead of gathering dust, unloved, in your cupboard. You're not creating a problem for someone else. You're increasing the flow of life.

The Eight Days

Not a weekend project — pretending it is is exactly why most decluttering attempts die halfway through. Do one day, stop, come back when you're ready, even if that's next week.

Day	Focus	The Task
1	Clothes	Gather every piece of clothing in the house into one pile. Poo test or joy test, your call.
2	Books	Gather every book in the house. Reread-worthy or truly useful stays; "throwing away a book feels wrong" doesn't count.
3	Papers	Gather all post, documents, notices. Keep only what's legally or practically necessary. Scan and bin the rest.
4	Komono: Kitchen	Cupboards, drawers, the spice shelf. Unused in a year and not seasonal? It goes.
5	Komono: Bathroom	Expired products, half-empty bottles, unused gift sets. Usually fast once you start.
6	Komono: Everything Else	Garage, electronics, the junk drawer. The biggest day — but you've had five days of practice.
7	Craft & Homeschool	The joy filter doesn't work here. Designate a sane, defined space and hold the line.
8	Sentimental Items	The hardest, done last on purpose. Ask why you're holding on, and how you actually want your life to look — then sort slowly.

The Habit Tracker

Not more hustle. Just proof you protected the good life today.

Before You Start: Clear The Noise First

Do the annoying stuff first. Not because it builds character — because your brain needs the dopamine hit of having cleared it, and you cannot think straight about the good life while three nagging tasks hum quietly in the background of your mind. Clear them Monday. Buy yourself a free week.

Starting is the actual problem, not the task. If you have ADHD, you already know this — it was never about whether you could do the thing, it's the wall between "I should" and "I am." Here's what gets you off the couch when nothing else works:

- If someone handed you a million bucks to do it right now, would all your reasons suddenly not matter? They were never real reasons. They were resistance wearing a disguise.
- Imagine putting this off is the exact thing standing between you and the life you want. Sometimes it actually is.
- Your imagination is always worse than reality. Always. No exceptions you've ever actually tested.
- Remember the last time you finally did the thing you'd been avoiding — that specific wave of relief? You can feel that again in about ten minutes.
- Add up the "school fees." Every late fee, missed opportunity, and interest charge you've paid for avoiding something — ADHD tax is real, and it's expensive. Doing the thing is almost always cheaper than not doing it.

None of these are about discipline. They're about tricking the part of your brain that's stuck, into moving.

The Three Non-Negotiables

- Make your bed the moment you're up — the easiest daily win available to you, for almost no effort, and it does wonders for your brain.
- Drink water and take your vitamins as you rise, before coffee, before your phone.
- Ten minutes of Morning Manifestation — one page, lined paper. See Tool 1 for the full practice.

How The Grid Works

Four pillars — Health, Wealth, Happiness, and Rest — plus the three non-negotiables above, plus a few blank rows for whatever's actually yours right now. Not a hustle grid. A "did I protect the good life today" grid. One box, ticked, is still a win.

It resets every week on purpose. A bad Tuesday shouldn't haunt the rest of your month — that's how people quit trackers. Miss a day, tick the next one, move on.

This Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make the bed — non-negotiable							
Water + vitamins — non-negotiable							
Morning Manifestation — non-negotiable							
Health — one small thing for the body							
Wealth — protect the mission, 10 min							
Happiness — zero productivity value							
Rest — did I do nothing							

Draw your own tick, cross, or dot in each box — whatever feels satisfying, not correct.

The Morning Architecture

The routine, and the list system that makes the whole day work.

Part One: The Routine

If you want to win, you need to wake up before everyone else. That's it, that's the whole secret, and it costs nothing. Waking first gives you time to regulate before the onslaught — before the noise, the demands, the day happening to you instead of because of you.

The Night Before

A good morning starts the night before. Clean your kitchen before bed — you're not doing it for tonight, you're doing it for the version of you who wakes up tomorrow. Go to bed earlier. Read instead of scroll — you'll be amazed how quickly you get tired once you haven't stared at a blue light for the hour before sleep. If you live alone, make your bed the moment you're up: the small dopamine hit starts your day well, and it kills the urge to climb back in.

First Light

When you wake, drink water first — before coffee, before your phone, before anything. From there, biohacker Gary Brecka's stack is worth building in: hydrate with purpose, get morning sunlight, three rounds of breathwork, cold exposure, move your body, and delay caffeine 60–90 minutes.

Then spend some time with God. Go somewhere visually appealing in your home or garden — if you don't have a space like that, make one. Listen to calming music, the birds, the sea, say a brief prayer, whatever connects you to your spirit. Start how you intend to finish.

Move The Body

Once you've hydrated and spiritually connected, get the lymph moving — a chi movement session, tai chi, or bouncing lightly on a rebounder all work. Lymph rubbing helps too: work these points before you move — collarbones, neck, behind the ears, armpits, stomach, groin, behind the knees, behind the ankles. Then bounce.

Before Anyone Wakes

Send every message you can before the house wakes up — emails, WhatsApps, anything that doesn't need a live voice. Calls wait for office hours. Cross off as many five-minute, quiet tasks as you can while the house is still yours. Your list for today is small on purpose: your shopping list, and the top 3 tasks from your main list. Finish them, then pick another 3.

The Laundry Rule

Give each person in the house one day that's theirs for laundry — start to finish, their responsibility. Small children get one day out of your week just for their laundry. It saves an enormous amount of time. Once your list is made, put the washing on, then breakfast — the 30/30/30 rule earns its place here: 30 grams of protein within 30 minutes of waking, followed by 30 minutes of steady-state cardio, heart rate at or below 135bpm. Then go crush your day.

Part Two: The List System

This is the piece that actually makes the to-do list work — most lists fail because everything lands in one pile with no order, and no home for the stray thoughts that show up while you're trying to focus.

If this is your first time making a list this way, or you're starting a new project or goal, it will take a while the first time. That's fine.

Step One — The Brain Dump Page

Divide a page into four: two big blocks stacked on one side, two thin blocks running down the other. In the first big block, write everything you have to do — no particular order, just get it all out of your head and onto the page.

The three surrounding blocks catch everything else that comes up while you're doing that brain dump:

- One for a shopping list
- One for calls, messages and emails — people to contact
- One for anything else that comes to mind — important, but unrelated to the main list

Step Two — The Real List

On a fresh page, write your main list again — this time in the correct order to actually achieve your goal. Group tasks into quick wins and longer jobs. If there's more than one stage to get there, group each stage the same way: quick tasks, and tasks that take longer. Put this list somewhere safe, somewhere you can get to easily.

The brain dump page is where the chaos goes. The real list is where the plan lives. Two separate pages, two separate jobs — don't try to make one page do both.

· You Made It Through ·

That's The Whole Reset

The method above, and the tools to run it with — everything you need, in one place.

If you want somewhere to keep building the lists this system depends on — brain dumps, the Master List, the physical practice of writing it all down — that's what the Write It page is for. And if the decluttering above uncovers a genuine storage problem rather than just an editing one, the Organise page has the real, considered picks for that too.

*You don't need more things.
You need the right things, in the right places,
telling you the right story.*

— Lizzy