The Clarity Reset

Corporate Case Study

Executive Summary

Organizations today are not lacking effort or commitment. They are navigating unprecedented levels of **mental overload**. Constant inputs, nonstop decision-making, and pressure to always be available quietly erode clarity, focus, and leadership capacity.

The **Clarity Reset** is a short, high-impact experience designed to reduce mental noise, restore internal space, and help people feel better fast without adding more work to already full days.

A recent multi-day pilot demonstrated strong engagement, rapid relief, and clear indicators for sustainable leadership development. This pilot was delivered through a partner platform, Motion Connected, allowing the experience to reach participants at scale in a real-world environment.

The Challenge Organizations Face

Across industries, leaders and teams report:

- Minds that won't shut off
- Persistent overthinking and worrying
- Digital overload and fragmented attention
- Difficulty setting boundaries without guilt

These challenges don't always show up as burnout. More often, they appear as mental fatigue, reduced presence, and leadership that feels heavier than it should.

The Clarity Reset: What It Is

The Clarity Reset is a guided reset experience that helps participants:

- Identify what is draining their mental and emotional bandwidth
- Reduce unnecessary inputs and pressure
- Take small, practical actions that create immediate relief
- Experience clarity without requiring more effort, time, or tools

The Reset is designed to fit into real workdays using short videos, simple prompts, and one focused action per day.

Pilot Snapshot & Engagement

The Clarity Reset was delivered through the Motion Connected platform, enabling broad participation and consistent daily engagement.

- **Nearly 400 participants enrolled**
- **Daily participation ranged from 186 to 377 responses per day**
- **Strong engagement sustained across multiple days**, indicating relevance and ease of follow-through

This level of participation suggests the experience met a real need and respected participants' time and capacity.

Key Results

Fast, Noticeable Relief

- By Day 2, **approximately 72% of participants reported a positive shift**
- Many noted feeling lighter, clearer, and more grounded sooner than expected

This demonstrates that small, intentional changes can produce meaningful results quickly.

Mental Noise Identified as the Primary Drain

When asked what was draining them most, participants overwhelmingly identified:

- Overthinking and worrying
- Mental clutter
- Constant internal pressure

Not workload. Not motivation. This positions mental noise as a critical leverage point for wellbeing and performance.

Boundaries Drive Immediate Improvement

- **Approximately 73% of participants said setting even one small boundary immediately improved their day**
- Others recognized a clear need for boundaries, signaling readiness for deeper behavior change

Boundaries were experienced as empowering rather than restrictive.

Simple Actions Created the Greatest Impact

The most effective actions were not large lifestyle changes. Participants gravitated toward:

- Clearing one small physical or digital space
- Unsubscribing from unnecessary emails
- Silencing notifications
- Reframing one unhelpful thought

These actions reduced mental load and restored a sense of control.

Organizational Impact

The Clarity Reset demonstrates that:

- Mental overload is a hidden but significant performance drain
- Relief does not require adding more programs or pressure
- Small, well-designed interventions can restore clarity quickly
- Employees and leaders are highly receptive to practical, low-effort support

Organizations also gain insight into what their people are truly carrying insight that often remains unseen.

Closing Reflection

When people regain clarity, leadership becomes lighter, more present, and more effective. The Clarity Reset offers organizations a practical, respectful way to support their people while laying the foundation for sustainable leadership development.

Jonesin' for helps leaders and organizations move from mental overload to calm, clear, and sustainable performance. Data collected through a partner deployment with Motion Connected.