



Make Space

My grand plan for clearing space for new possibilities, crushing goals, and getting one step closer to my Big Bliss Picture.

Plan for Creating Mental Space

Plan for Creating Space in my Environment

Plan for Creating Space in my Calendar

I can commit to _____ minutes of meditation a _____. (Remember to start small and choose only what you 100% know you can commit to)

Plan for Creating Space in my Environment

I can commit to reorganizing my _____ to have more flow and peace in my environment.

Plan for Creating Space in my Calendar

I can commit to saying No to engagements that distract from my Big Bliss Picture in order to spend more time _____ and focusing on the people and things I love. My plan for next time _____ asks me to _____ is to say _____ kindly and clearly.