



## INTENTIONAL PRACTICES TO CREATE MOVEMENT + GROWTH

# *practice:* Clear space

**CLEAR SPACE:** Some things are hard to let go of; old ways of thinking, people, ways of doing things, even habits. But have you ever considered that unless the 'old' is no longer inhabiting space in your life, you may never be able to fully live in a re'new'ed way?

**Think of 'old' as not working for you anymore. Inhibiting. CAUSING REVOLVE VS EVOLVE.**

Envision a large circle that represents all the space in your life. Now on a piece of paper, fill that circle up with the various things that fill your daily life—time with family, friends, effort toward your passions, job? Think of areas that you desire more growth in as well. (Take time to admire this list!)

*initiate* **NEXT ASK:**

- > Are there inhibiting ways of thinking or doing, habits, or people that don't align with me anymore, that are *also* holding space in my life? (take time to write these in your circle)

- > Are these things creating distraction, unnecessary stress or potentially keeping me from living and giving in my fullness? (Outside the circle, write ways these things create *revolve* vs. *evolve* in your life).

Often, (and especially with the beginning of a new year), we think; 'If I do more or add something new to my life or 'buck-up' and get more organized, I can make life happen the way it should,' And then, 'I'll feel more like myself and can keep up.'

**Sometimes, what's needed prior to adding more into our space, is recognition and clearing of what crowds out all that is already serving us.**

**WHAT'S TAKING UP UNNECESSARY SPACE** that you can put effort toward clearing, and begin to fully receive all the UNFOLDING OF THE NEW that will cause you to thrive?

*be you & thrive®*