

Release & Make Space

CLEAR OUT YOUR MIND TO MAKE SPACE
FOR WHAT WILL TRULY SERVE YOU

RELEASE:

What do you no longer need or want in your personal or professional life? **Set a timer for 10 minutes to brain dump anything & everything taking up space in your mind** that is no longer serving a purpose: thoughts...people...experiences...fears...Clear the space to allow a restart.

Ready? Set the timer. **Begin:**

MAKE SPACE:

Take a deep breath, and let out a huge sigh. Congrats. You've made the choice and taken the time to step back, reflect, and release what no longer serves you. That takes courage to look the clutter head on in your mind and say goodbye. You've created space to let in what will inspire you. When you're ready, **set a timer for 10 minutes to write down what you DO WANT to bring into your life and mind to recreate your next chapter**. Tip: If it energizes you, you're on the right track. If not: reassess.

Ready? Set the timer. **Begin:**