



Making Space Worksheet

The energy that we carry and allow in our lives dictates what we receive. When we are full of hate, we block love. When we are full of anger, we block peace. When we are full of sorrow, we block joy. When we give our power away, we block strength. When we are co-dependent, we block freedom. When we hold onto toxic relationships, we block divine connection. That is why when you want to invite something different into your life, you have to take action and make space for what it is that you are inviting in. If you want a soul connection, you can't be in a relationship with your booty call. If you want to feel more peace, you have to heal that which angers you. Bottom line, you have to make space for the energy that you want to invite in! Most of the time that means letting go of something old in order to make space for the new.

Take a moment to reflect over your life. What areas of your life are running over? In other words, what areas of your life is it impossible for you to welcome anything new into? (These can be career, love, family, friends, clubs, social groups, etc.) List them below.

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____

Now, reflect on the list above. When you look at the list above, which of those areas would you like to remain the same? In other words, which areas don't need any more space in them? List them below.

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____

Now that you are more aware of your life's capacity, what areas of your life would like to have more space in? What would you like to invite into those areas?

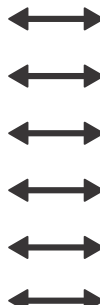
I would like to have more space in:



I am inviting in:

In order to receive what you are inviting in, you have to make space for it. What will you give up/let go of in order to receive what you truly want? What actions will you take to make space?

I am giving up/letting go of:



The action I will take is:

