

## Day 4: Let Inspiration Find You

# CREATE THE SPACE TO INSPIRE

*"The secret to change is to focus all of your energy, not on fighting the old, but on building the new." - Socrates*

Presence how you want to feel from Day 1's exercise (Ex: calm or grounded, inspired or energized, focused, motivated, lighter).

**Draw a picture of how you want to feel with you in the middle.** Doodle. Write. Draw. Don't worry about how it looks - focus on the feeling.

**Your emotions create your reality.** Your focus in life matters. When you focus on what you want to feel and the life you desire, that is what grows. Where you put your energy expands.

**Your job:** feel the way you want to feel every day no matter of your circumstances - find that silver lining, feel your joy. When this is where you are 95% of the time - that is freedom. When you feel good, you're able to take stronger, more consistent actions in your life and in your home, that allow you to surround yourself by spaces that supports you in what you want in your life.

## **LISTEN TO YOUR INTUITION**

Sit still. Clear your energetic channel with 1 minute of focus on your breath and expanding your spine.

Presence how you want to *feel*. (Go back to Day 1's handout if you need a reminder). Close your eyes and feel the feeling well up in your heart.

***Ask yourself the following questions in turn. Sit and listen to receive an answer.***

Allow your inner wisdom guide you. (If you haven't listened to this inner wisdom in some time, it might be shy, reticent.) Allow the space; let your inner wisdom know you're listening.

**What can I do more of in my life that makes me feel the way I want to feel?**

*Sit 1-2 minutes, then write down whatever comes up, even if you're not sure why it came up.*

**What can I change about my surroundings to bring more joy into my life?**

*Sit 1-2 minutes, then write down whatever comes up, even if you're not sure why it came up.*

**What is the baby next step I should take, in my space or in my life to help me achieve that aim?**

*Sit 1-2 minutes, then write down whatever comes up, even if you're not sure why it came up.*

Small is okay - it should feel incremental, doable. It could be big, as long as it feels right and easy. You don't need to act on it all right now, just allow the inspiration to come, the seed to be planted.

**Share in forum: What inspiration found me? What am I inspired to do?**