

Day 5: Take Inspired Action

CREATE THE SPACE TO INSPIRE

"Your surroundings, home, clothing & body are all reflections of how you see and express yourself. Do these reflect your true self?" - Christiane Northrup, M.D.

Day 4 may have given you some direction as to what action you can take. Here are a few more questions to ask yourself to help uncover the action you are inspired to take:

What have I learned about myself?

What do I want my life to be like?

How do I want to feel in my life?

What kind of space do I want to live in?

What have I learned about my space?

What are the strengths of my space?

What are the strengths I hold to help me create the space and life I desire?

What things do I own that reflect the joy I want to feel in my life?

Use those things to create a reflection of the life you want, in your very own home. Give them space and love and attention. Create a nook, or an altar or find image you see when you first walk in your door, or place a quote on your desk that inspires. Begin to think about your space as a reflection of your life.

Create a space in your home that is a reflection of how you want to feel in your home and watch the presence of that feeling grow and expand.

Share what area you plan to touch!