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Making space for possibility 1.3

Have you made your commitment? Have you taken action on the things that are the hardest to do?

This is actually the time that all THAT STUFF really must be gone from your bedroom/home/house/office.

All the stuff that distracts you or upsets you or reminds you of what has been, lost dreams, unfulfilled ideas, broken promises, things that haven't happened, your own failures. Move out, box up and clear out.

If they can't be completely gone, then box up firmly in the garage or even better someone else's garage for the time. It is really, really, important to make space.

And now you must get creative.

Love can't flourish where there's no space or welcome. If this is about attracting a love relationship for you, start with your bedroom. If this is about self-love, start with the bedroom. If this is about finding out what you want to do with your life and do more of what you love, start with the bedroom.

THE
Inside Out
LOVE STORY



YOUR TASKS

- Clear out work stuff, kids stuff, laundry, clutter.
- Strip the bed and redo ALL of the bed-linen with something beautiful for you. New sheets and covers are best, but just freshly washed is also great.
- Make sure you have two bedsides and two lamps. Write a love note or create or buy a small gift for the guy/lover (you are doing this from a place of rebuilding or exploring, and love. It can be simple. It should be simple).
- Make sure the artwork represents couples and relationships and a deep sense of belonging. This is a space for intimacy, regardless of where things are at right now. Make it feel like love for you. Because it is (partly??) for you more than anyone else.
- Notice how it feels to do this. What is hard? What is easy? Take a photo of your recreated space and share it with the FB group.

Next make sure you have space in your life and your schedule. I can imagine you have some things that need sorting out right?

If you've been through a separation, break-up, or divorce – have you done all the minutiae of things that need to happen to clean it all up?

- Name changes
- Closing bank accounts
- Updating addresses
- Details at school for kids
- Separating health insurance.

These are just little things, but if they are still lurking three years down the track they are going to make you feel crappy, even if you are in a new relationship.

- If you've decided to switch your focus entirely to the needs of children, or your work or your more-needy family members – what do you need to do to create some space for nurturing yourself and/or time and space to spend with your love?

Busyness and chaos ultimately just work to create another block to the life you truly desire.

Some of this will become clearer when we get to boundaries, but for now what would it take to craft some space?

Create windows of time and moments of opportunity to give yourself what you need.
I promise it can't happen without this.

- **Have you seen the Headless Chook Planner? It's a great place to start to start crafting space and time. It's attached. Download and complete it.**