FREE WORKSHOP · VIDEO 2 COMPANION

Create Space

Two exercises. One week. You're not short on time — you're short on space. This workbook helps you build both.

1 Sit With Yourself

For the next 3 days, give yourself 15 minutes alone. No podcast, no phone. Just sit. Let thoughts come up, one at a time — and picture each one leaving your head, like a little cloud drifting away. Empty the inbox. Take out the rubbish. By the end, your brain should feel lighter.

DAY 1	DAY 2	DAY 3
How did it feel?	**How did it feel?**	**How did it feel?**

> *Nothing changes if nothing changes. Space comes first.*

1 Sit With Yourself — what came up?

After your 3 days of sitting in silence, what thoughts kept resurfacing? Sometimes the ones that keep coming back are the ones most worth paying attention to.

Thoughts or feelings I noticed coming up again and again:

What feels lighter, even slightly, after this week?

2

Write Your Dream Life

Writing something down changes how your brain relates to it. You're more likely to move toward what you've actually put on paper. For the next few days, go all out. No editing yourself. No "but realistically..." Just write it.

YOUR DREAM ROUTINE

What time do you wake up?

What does your morning actually look like?

Do you have help? A cleaner, a cook, a driver? Describe it.

What does the rest of your day look like, start to finish?

2 Write Your Dream Life — continued

YOUR DREAM, WHATEVER IT IS

Money. Work. Freedom. Whatever it is for you — write it exactly as it is in your head, no shrinking it down.

What do you want to earn? (Be specific — the actual number.)

What does your work look like? Your own business? Not working at all? Describe it.

If you could spend your days doing anything — what would you actually be doing?

Write your dream life, in full, below:

> *This is your chance to write it down exactly as you want it. Nobody else is reading this page.*