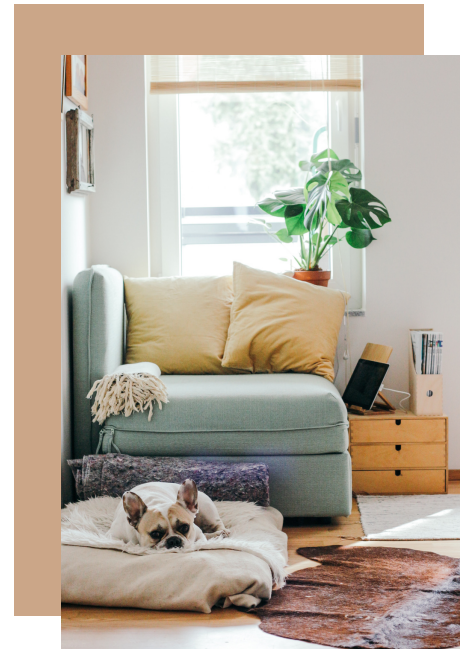


# Breathing Space

Environment matters! Let's create some breathing space and set your intentions as we begin this work. Here's how to do it:

- Pick a spot in your home, this can be a corner of the living room, an office desk, a favorite chair- whatever speaks to you.
- Clear out any clutter, clean up any messes. (Make your family help you!) What are you looking at when you're in your breathing space? If possible, clean up your line of sight, too so it doesn't feel like you're looking at a to-do list.
- Design your breathing space around your 5 senses. Use textures that feel good, good smells (candle or diffuser scents), plants, favorite artwork, a table to set down your coffee, a plug for your laptop, your journal + pen, even noise canceling headphones- you can put as much or little into this as you want. Simple is just fine!
- Set some boundaries around your new space. Tell your family what you're doing.
- Once your breathing space is set up, I encourage you to start an easy daily gratitude practice to set the tone as we begin. Try listing 6 things each morning and 6 things each evening that you're grateful for. Keep this practice up and notice how good it makes you feel and how you start to notice more of the positive things throughout your day.

You might even find you like this new spot for meditation, prayer or just sitting in silence in the morning before the house wakes up. Great! You're already discovering how amazing a thoughtful, intentional space can be.



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