



Day #2: Find Your Clutter
How to create space for your dream

How are you checking in today? (one word: a feeling, an intention, etc.)

1. Practice being concise and specific

Let's practice specificity and clarity.

Vague goals are generating vague results.

⇒ *Look at your dream's description from yesterday and sum it all in one short sentence:*

⇒ *Now, sum it in one word:* _____

⇒ *Look at your superpower(s) you've identify yesterday and choose **one** for the next 30 days*



⇒ *Take a second look at what you want to focus on in each area of your life?*

- Health _____
- Money _____
- Relationships _____
- Spirituality _____
- Wealth _____

⇒ *What is the ONE that you are choosing to focus on for the next 30 days?*

2. Decluttering

Great news: **Your life is always full!**

No matter what's going on in our life, our life is full. Even when we feel we miss something, that space is *occupied* with something else.

So, when we want to bring something new in our life, we have to clean up the space for it, create space for it, declutter.

⇒ *Where do you need to make space in your life?*

1. *Physical space*

- desk
- room
- closets



draws

2. *Emotional space*

'negative' emotions

triggers

We have the tendency to *react* instead of *responding* to an event. Our reaction to a current situation might come from a previous past experience. Let's acknowledge *the triggers* so we can have a 'clean' response to what's happening in the moment.

⇒ *What are the circumstances/ events/ people/ words/ that **triggers** you?*

3. *Relationships space*

intimate

friendships

family

colleagues

⇒ *Who are the people who **gives** you energy?*



Spark Your Superpower

⇒ *Who are the people who drains your energy?*

3. Copy/ Paste

Find your own strategy of decluttering that works for you and apply that strategy to every area in your life.

4. Action Steps

1. Start decluttering in one area in your life.
2. Identify your strategy of decluttering
3. Copy/Paste your strategy in onthere area of your life.



Spark Your Superpower

Blank for notes