

The Space to Begin

Sometimes you just need space to think.

This guided reflection is a calm moment for you to pause, connect with where you are, notice where change is needed, and imagine what a simply happier life could look like.

There are no right or wrong answers — just honesty, curiosity, and the beginning of something new. Take your time.

Warm wishes,

Lynn x

Where are you right now?

Where are you in your life right now? You might reflect on: Your home, your work or purpose, relationships and connection, health and energy, finances and security, time for yourself, hobbies, joy and rest.

What feels most important for you to focus on right now?

Of everything you've reflected on, where do you feel the strongest pull to make a change?

What is your vision for the future?

This part matters. What is your ideal lifestyle? Where do you want to be in life? What do you want to be able to do and enjoy? Write it out as sentences, just words or even pictures - whatever works for you.

Who do you want to be in the future?

Think qualities or achievements: calm • confident • joyful • intentional • organised • present • secure. Try articulating it as "I want to be a person who..."

What no longer fits who you're becoming?

This could be: a belief, a habit, a role, a routine, a way of living or relationship. Letting go creates space - list anything that no longer serves you in your home or life.

What would help make this possible?

Consider: practical support, emotional support, time or space, new routines, clarity, accountability, energy-lifting habits

When do you want change to happen?

I'm ready now

In the next 3-6 months

I'm not sure

Now you've completed this, what you've written may continue to unfold in your mind as time goes on.

Let it settle, come back to it, and notice where you feel drawn to take action.