

How to make space for yourself?

You start to make space for yourself by saying no. We are hardwired to feel obligated to others, we want to fulfill every part of our partners life. We want to be everything to our families. We want to be the "best" versions of ourselves that everyone says we should be.

Its conditioned into us to only value ourselves when we are in service!

Even to ourselves - we are told we only have value when we are "serving" our highest self.

I want to approach this from another angle.

We are worthy of our own time, our own space, our own money, our own creativity and ourselves. We deserve to sit at home, drink tea and read a good book.

We deserve to take a saturday and indulge in a creative venture (writing a blog, journaling, painting, playing an instrument).

We are deserving of time enjoying our lives and not performing for each other.

It's hard to turn down social events, and nights out with the girls, or social contracts like birthdays and holidays. Also we do want to engage in that sometimes as well. I'm not promoting total isolation either. It's a balance.

What brought this all on for me was dreaming of living in a tiny house in the woods, imaging what my days would look like. What did I want out of my time if I had no social obligation dictating me otherwise. No distractions, no pressure to perform, nothing.

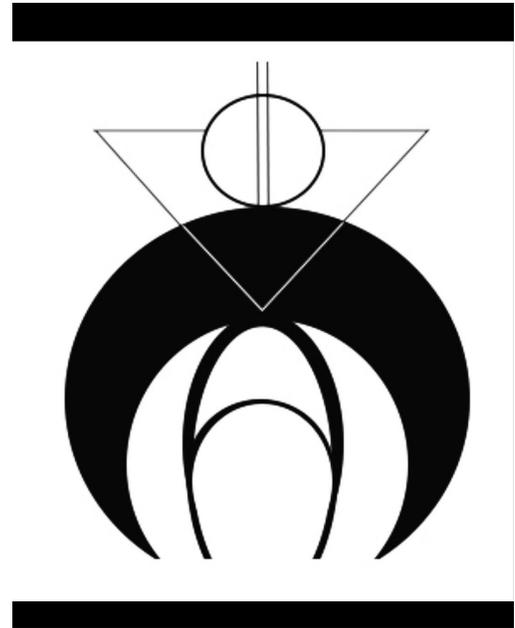
I dreamt of days cleaning, making great food, listening to good music while making art, writing and reading good books. I imagined sitting in front of a fire and drinking tea and being at peace with myself.

Now I know that life is unrealistic for most of us, but the concepts aren't. The idea of spending time with yourself and enjoying the simple pleasures of your own life has tremendous value. As other encourage you to manifest your deepest desires of piles of money, fantastic exotic vacations and luxury items. I encourage you to not escape your life, but bring value to the things already present in your life.

Time with yourself, your passions, and your thoughts.

Not for an instagram post either, but for you and you alone.

That is all the validation you need.



So let's begin by imaging that ideal day in a cabin in the woods, or a perfect loft apartment in a big city.

What brought you to this imaginary place in your mind?

What do you most want to do in this space?

What would an ideal evening be in this space?

What do you imagine you would feel like in this place?

What would you want to create or enjoy in this place?

Now take those answers and let's look at them further.

What is the emotion you think you are most lacking in your daily life?

What are social or societal contracts you never say no to?

What obligations do you feel you need to fulfill?

What are some habits that eat away your time?

What is the most important part of your day?

Ok now let's put those two things together...

What do you think that ideal life is trying to tell you?

How does this cabin/loft life compare to your day to day obligations or routines?

Is there space to cut out the unnecessary, is there space to say no?

Is there space to be alone with yourself and enjoy time doing what you like to do?

What stops you from being alone with your thoughts?

How can you take small steps in your real life towards that ideal life?

- 1)
- 2)
- 3)

What is one daily thing you can say no to?

(Could be as easy as stop scrolling on Instagram)

What is one small practice you want to commit to?

(Could be as easy as- make my own coffee in the morning)

Now that we see why we really want to escape our lives and run into the woods without any social obligations. We can maybe see how we can cut loose some of those social obstacles or performative pieces in our lives to make room for some of that ideal life. Without leaving our daily life or own homes.