

CREATING SPACE IN YOUR LIFE
FOR YOUR PURPOSE



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CONGRATULATIONS FOR TAKING THE FIRST STEP TO START:

CREATING SPACE IN YOUR LIFE FOR YOUR PURPOSE

You'd love to start something for yourself, but can't imagine how on Earth will you find the time?

Do you feel like you are always busy but never really fulfilled? Do you have a suspicion that your family and everyone else back home think you have coffees with friends and go sightseeing all day?

If so, this guide is for you.

Time is one of the main challenges my clients face when they decide to find their own purpose. You know that your reality is very different from the Instagram pics of the incredible places you get to live in. You'd love to start something fulfilling and rewarding, but in addition to not having time on your day-to-day, the Summer holidays are coming soon, or you have visitors arriving next week.

It can be hard to talk about this because people don't really believe you are that busy... It makes you feel like a failure because in theory you have all this time...

It is pretty normal to get frustrated. But if your own dreams and plans are always on the bottom of your list, postponed to after you finish that language course you haven't started yet, it's time to **put yourself back on the priority list** and **create space in your life for your purpose**.

There may never be a perfect time waiting for you. We fill up our lives, and that is normal, but I invite you here to reflect on **what you are filling up yours with** and start taking charge of your most precious currency – your time.

By the end of this easy 3 step guide, you will know:

- **“What kind of busy”** you most identify with
- How to start **saying NO** and making space for more quality YES
- How to put **more of what you want** in your life **today**.

Interested? Grab your pen & paper and get ready to start Creating Space in Your Life for Your Purpose.

Step 1 to Creating Space in Your Life for Your Purpose

Discover what kind of busy you are

So, *everyone* is busy these days. But we all have our “favorite way to be busy” (*based on Kahler’s 5 Motivational Drivers, 1975*). Recognizing that can help you feel **more in control of your time, say no** and **lower the stress** in your life. This is about how you allow things to get into your to-do list.

“Are you out-of-control busy or are you full of life?” Danielle Laporte

So, identify your favorite below. That’s the first step to start saying no and clearing space on your diary.

Although all of these traits are normal and can mobilize action, they can get overly exacerbated when you are stressed out, tired or unhappy, taking the driver’s seat and control of your time.

So, which one of the 5 options below is more like you?

OPTION 1:

DRIVER: Perfection — FEAR: To be Judged

Your standards are always really high. You overwork, review, perfect, erase and redo. You spend a lot of time thinking about the best way to say something. You may tend to procrastinate and end up stressed out doing most things last minute.

OPTION 2:

DRIVER: Pleasing others — FEAR: Rejection

You don't say no, so you are always overbooked, late, apologizing and stressed out. You get a lot of praises for being so helpful. Sometimes you don't even know what you enjoy because your focus is always on other's needs.

OPTION 3:

DRIVER: Be Strong — FEAR: Not being safe

You rarely ask for help, you believe you should be able to handle it all by yourself. You don't want to bother other people with your problems and your life. Even when you feel you're heading towards a burn out.

OPTION 4:

DRIVER: Try hard — FEAR: Not being good enough

You are constantly trying hard, you value sweat, hard work and criticize people who seem to have it too easy. You feel like you are always putting a lot of effort but not moving forward. You have a feeling that your efforts are not recognized. You don't allow yourself to relax, it would feel "wrong".

OPTION 5:

DRIVER: Hurry up — FEAR: Not having enough

You have a constant internal voice telling you that time is running out, so somehow you are running around even when you seemingly don't have much to do. You usually rush through activities, are so responsive that people send you more stuff to do, and so the circle goes around...

My favorite way to be busy is —

Option _____, Driver _____ — Fear _____

Step 2 to Creating Space in Your Life for Your Purpose

Start saying NO to make space for quality YES

Simply make a list of 3 things you would like to stop doing today. Don't stop yourself saying that it is not possible. Just go with the first ones that come to mind, don't sweat it.

For each of them ask the question: 'Am I doing this out of my Driver Motivation or Fear, or is this a real free choice?', based on the option you most identified with on step 1.

- 1.
- 2.
- 3.

Now choose one of them to really stop. Go with your gut feeling.

Create a plan to really stop it today. Are you going to delegate, ask for help, order online, hire it out, or simply drop it like it's hot? Don't accept any temptation to leave it on the list, like it is your mission to get rid of it.

Starting today, I will stop

This is how I am going to do it

Now, quickly, before you fill that space with something else, move to step 3.

Step 3 to Creating Space in Your Life for Your Purpose

Put more of what you want in your life today.

Prescription: start with small doses.

My mantra is action creates clarity. When you don't know, start creating movement and clarity will follow. This step is about how you can start creating your space TODAY.

Design your own spectacular normal day (not a holiday).

Take your time and make sure you include details like:

What time will you be waking up? What will you be eating? And drinking? What will you be doing in the morning? What else? What is surrounding you? What scents do you smell? What will you be wearing? Who will you spend time with? What conversations will you be having? What sounds do you hear? What feelings do you have? How's your afternoon like? And evening? How will you relax?

Introduce 15 minutes of that perfect day to your next 4 days. No more, no less. (Yes, there is a research-based reason for the 4 days, but I won't go into that here. It does feel doable though, doesn't it?)

If you forget, fail, bail, just start over. After 4 consecutive days, notice how you feel. Increase the time, adding 15 minutes more. You can keep going until your ideal and your real days are as close as possible. Enjoy!

Thank you for taking your first 3 steps to Create Space in Your Life for Your Purpose!

I really hope this was a useful resource.

Would you like to continue your movement? I'd love to hear about how this exercise went for you.

Click [HERE](#) to book a free coaching call with me and continue to take those steps!

Let's talk about clearing the way for your own purpose,
helping your kids flourish so that you can focus on yourself
and how you can be supported every step of the way.

**Life is too short for you to spend another day,
month or year not loving who you are.**

Renata