



Space
THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

CLUTTER

What is cluttering my life? Does a part of the home need a reorganization? Maybe a closet to clear out? Is it a relationship or something happening at work? Is there a certain story or belief you are listening to in the mind? An emotion in the heart that needs to be processed?

SPACE

Where can I create space? What can I let go of? A certain thing, thought, or way of being? Do I need to create space in my body by stretching? Clear the mind in meditation? Where can I make room in my life?

JOY

What brings me joy? Now that I created space, what brings me joy so that I can welcome and cultivate the things that bring peace into my life naturally.

JOY

Make space in your life for the things that bring you joy.

CLUTTER

JOY

SPACE

