

RIGHTSIZE REFLECTION

- Using the *Five-Minute Meditation For Rightsizing* will allow you become centred as you begin your projects

Five-Minute Meditation For Rightsizing

Close your eyes and focus on a space in your home. Take some deep breaths as you survey this area in your mind for *Rightsizing*. Start clockwise in the room and go around looking up and down at everything that currently is placed in here. Think about the items you cannot see, but know are in your cupboards, in the drawers and on shelves. Visualise yourself removing, sorting and letting go of the objects in this room. Feel yourself becoming lighter as the excess is removed. Now see yourself using this space once your project has been completed. Allow yourself to feel proud of all you have accomplished. Feel this positive energy from this space you have created. Feel it flow from your toes right to the top of your head. Breathe in and breathe out. Open your eyes and say '*I am ready to Rightsize.*'