

# Creating Space

## TO FILL BACK UP



When you set the goal of filling back up and tapping into the creative energy that's surrounding you one of the first surprising observations is that your life is already quite full if not bursting at the seams with responsibilities, activities, and all of the day to day tasks that keep us busy.

However a full schedule doesn't always mean at the end of the day we feel whole.

The shift happens when we get clear on the energetics of our habits, environment, and daily practices. What things are nourishing and energizing to us and what's draining our energy?

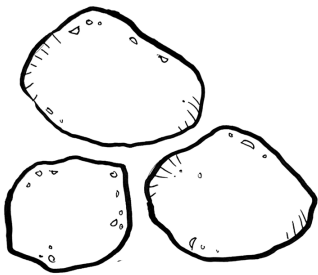
Once we have this clarity we can intentionally create more space in our lives for what fills us up. This might mean creating physical space in your house to create, shifting your perspective on the deeper purpose of your responsibilities, and keeping stronger boundaries around your time so you have room to breathe.



- What things fill you up and give you more energy?
  
- What things feel draining to you? How could they be more nourishing? (Habits, thoughts, activities)

**Large Rocks**

What are your top 3 areas to focus on?



- 1
- 2
- 3

**Pebbles**

What are your smaller areas to focus on?



- 1
- 2
- 3
- 4
- 5

**Sand**

What about everything else in between?

(You can write this in the blank spaces of your jar after you put the rocks & pebbles in)



- 1
- 2
- 3
- 4
- 5

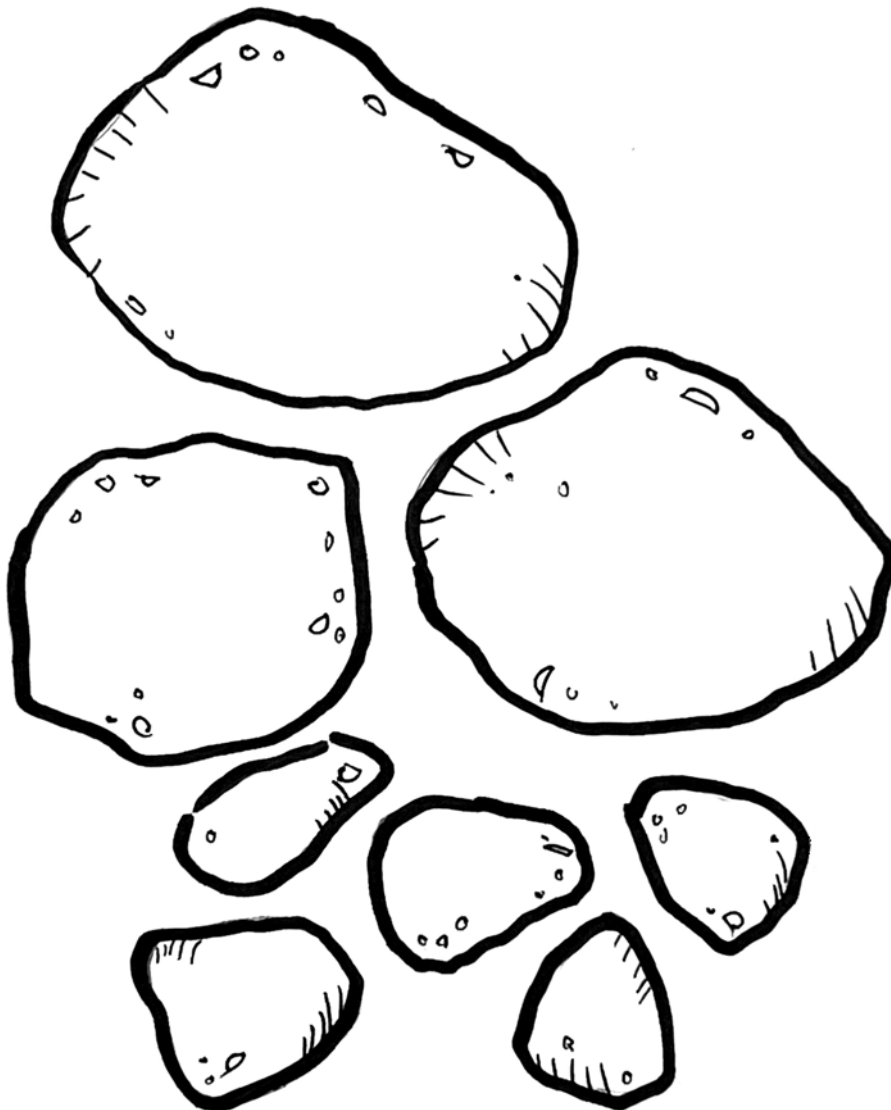
# CREATE YOUR OWN JAR!

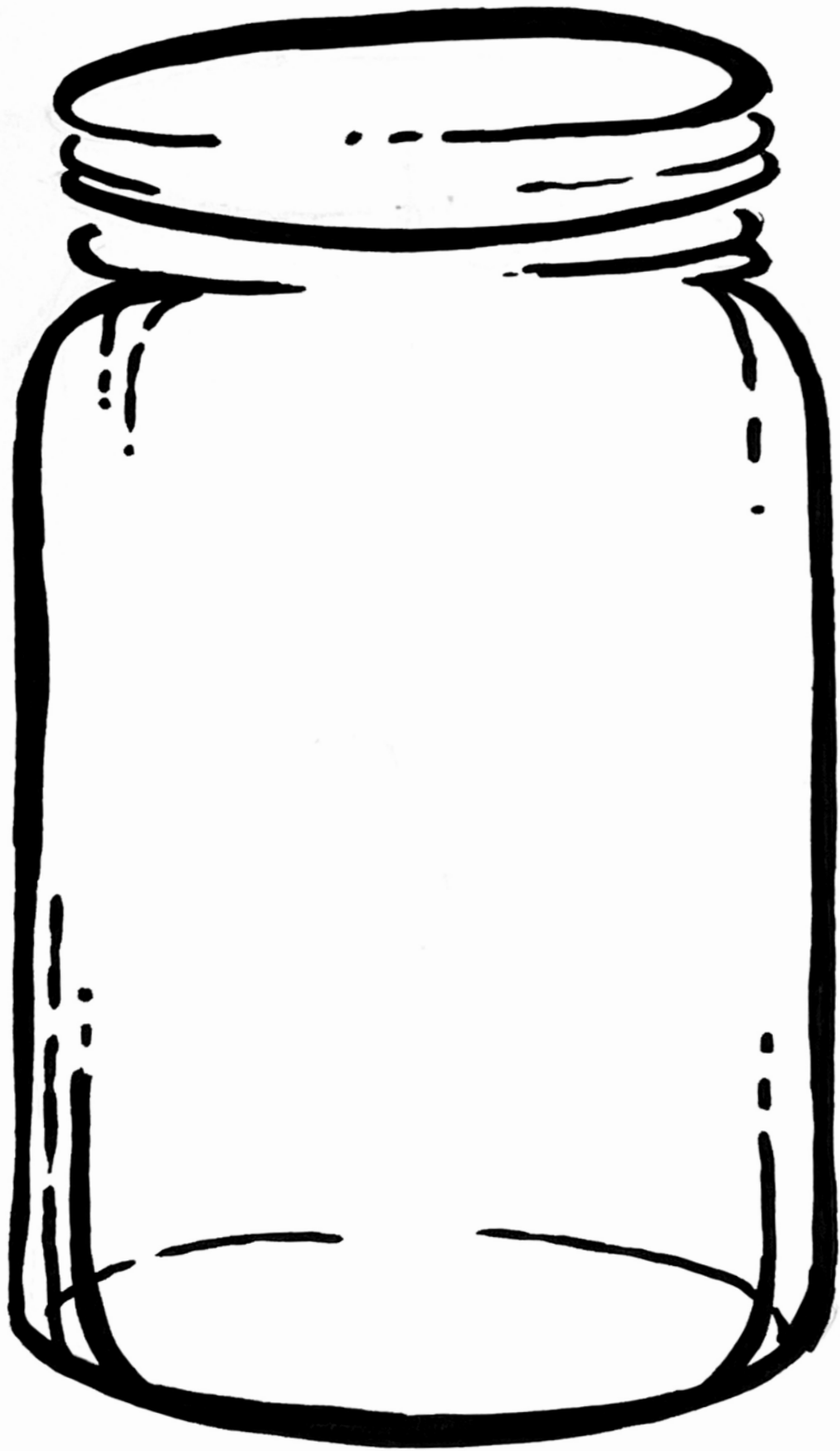
## Directions:

You can cut out the rocks below and place them on the jar on the next page. Let yourself explore how everything fits together and is interconnected before you glue the pieces down. For the sand you can write words or phrases in between your rocks once everything is in place.

## Helpful Hints:

- Write the things that don't serve you outside of the jar as a reminder to let them go and focus on what's on the inside
- Leave room to breathe! How would it feel to leave some wiggle room for spirit, fun, magic, and the unexpected in your jar?
- Leave this visual in your studio, planner, or somewhere you will see it and be reminded of what you're focusing on and what is filling you back up.
- You can even color code your rocks and match the colors in your calendar labels so you can visually see where you're focusing





## LOOKING TO GO DEEPER?



# Nectar

Sweet musings for your creative soul

I've designed my podcast as a haven for heart-centered creatives seeking inspiration in their artistic endeavors, from transforming their homes to crafting beautiful gardens or paintings. Enjoy heartfelt conversations, soothing meditations, and actionable creative practices, available anytime to fuel your creative journey. Explore the new cinematic videos on the blog or on YouTube and embrace the nectar of your creativity at [staceymaney.com/nectar](https://staceymaney.com/nectar). Let your imagination flourish!

*let's create something beautiful together!*

I also offer creative sessions and 1:1 creative guidance to a small amount of clients at a time. If you're interested in working together, you'd like to learn more, or book an intro call you can visit [staceymaney.com/sessions](https://staceymaney.com/sessions). These are perfect options if you're creating something close to your heart, moving through a big chapter change, or needing extra support. Stacey can guide you through her creative process or support you in discovering your own as you create whatever you need in your life right now.