

Make Room Checklist

Simple actions that clear space and signal readiness for your next chapter.

Physical Space

- ☐ Clean out one drawer, closet, or corner you've been avoiding
- ☐ Donate or release items that no longer reflect who you're becoming
- ☐ Make your bed every morning as a ritual of intention
- ☐ Clear surfaces—especially nightstands, desks, or entryways
- ☐ Open the windows and let in fresh air + light

Digital Energy

- ☐ Unsubscribe from emails that drain or clutter your inbox
- ☐ Delete apps or photos that no longer serve you
- ☐ Clean up your desktop or phone home screen
- ☐ Create digital folders to organize your space

Mental & Emotional

- ☐ Write down 3 habits or thought patterns that no longer support your growth
- ☐ Identify one limiting belief and reframe it with a new truth
- ☐ Journal on: "What am I ready to let go of to become who I truly am?"
- ☐ Forgive one situation—no fanfare needed, just release it from your grip

Energetic & Ritual

- ☐ Light a candle or use sage to clear your space
- ☐ Say out loud: "I am making room for what's meant for me."
- ☐ Visualize yourself stepping into a new space that reflects your aligned self
- ☐ Choose one supportive mantra to anchor your next season