



# 10 Day Bootcamp - Day 6

Plug Into Your Purpose.

## Day 6 - Create Space.

The next step to creating more of what you want in your life is to create space.

Here's a note I got from a woman in our community;

"I just left my job that was crushing my soul. It's funny how many doors have popped open ONCE I made the decision. The decision was years in coming and full of angst, but once I said 'No more!', really joyful and warm opportunities have poured in and I feel so light and at peace. Why did I wait so long?? I'm in awe of all that is unfolding once I just said, 'This is it. I'm done. I'm not coming back and going forward on a new path!'"

**When you want something new in your life, sometimes you need to let go of something old first to make room for the new thing to come in.**

It may sound obvious, but you'd be amazed how many people are compromising and staying in a job, a relationship, a city, that doesn't really work for them because they're scared to make a change.

This can happen on a smaller scale too. Maybe you're volunteering at work or at your kid's school, giving a lot of time and energy to something you don't actually want to be doing.





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WRITE THIS DOWN: **It's all connected.**

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WRITE THIS DOWN: **"Hmmm....what do I need to let go of to make room for what I really want?"**

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### *Here's Your Daily Tool:*

#### **Spring Cleaning for your Soul**

Action Step:

For whichever area you're focused on during the 10 Day Bootcamp (relationship, career, health, wealth, etc.) you will do a **clean out** of that area in whatever way you can.

For example, if you want to make more money or shift your career, clean out your office or your desk. Get rid of old files, organize and clean up the files on your computer, etc. Organize your money, maybe transfer that old 401k or open a retirement account.





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Or, just clean out something that you feel the most called to clean out. This will create physical and mental space. Metaphorical space as well. It's very powerful.

[Read Marie Kondo's book: The Life-Changing Magic of Tidying Up](#)

Maybe you feel drawn to clean out your car. It may seem unrelated to finding your soulmate...but low and behold, in three months when you're dating your dream man/woman and you find yourself making out in the front seat of your oh so clean car...you'll go "ah ha! It's all connected!" :)

### BONUS Daily Action - Just Say "No"

Say "No" to one thing that's not aligned with what you want or that feels bad in your body. This could be refusing to take on an extra project at work, or saying no to volunteering for a cause you care about but that feels draining.

After you say; "No," notice if you have a surge of energy that you can now use towards something you want instead.

Get going now - do some Soul Spring Cleaning!

Let us know [in the comments](#) how it goes, we really would love to hear from you.

