

The Long View - Making Space

Summer can bring a change of rhythm. A chance to step outside, slow down, and notice what becomes clearer when every moment is not filled.

Use these prompts gently. You do not need to answer them all.

Where am I too full? What feels crowded, noisy, or constantly demanding my attention at the moment?

What have I stopped noticing? Where have I become so busy that I am no longer paying attention to what I need, value, or enjoy?

What am I constantly filling? What quiet moments, pauses, or gaps do I automatically fill with work, scrolling, planning, or distraction?

What season am I in? Do I need to push, recover, create, reflect, lead, or simply observe for a while?

What might space make possible? What could become clearer if I created more room to think, breathe, or simply be?

One small experiment

Where could I create a little more space this week?

It might be: a walk without a podcast/ten minutes in the garden/a quiet journey/time beside water/an hour without a plan. **My choice:**

Closing reflection. Sometimes we do not need another answer. We need enough space for the right question to appear.

What do you notice when you stop trying to fill every moment?