

Creating More Expansion in Your Life



We can often create more expansion in our life by making small, subtle shifts to the things we dislike doing. Really it's about making those unpleasant things a little better and making the things we already enjoy doing even more great. As we practice making small shifts to our daily activities, over time we can often find ourselves living from more and more expansion.

Expansion and contraction are physical responses we feel in the body based on what we're doing.

Expansive activities generally have us feeling more open, light, and create a sense of freedom and empowerment around the things we do.

Contracting activities generally make us feel more closed down, heavy, and bring an overall sense of victimhood or bondage when we dislike what we're doing.

This coaching exercise will have you note how you physically feel as you go about your daily activities so you can distinguish between things that feel expansive/contracting and ultimately notice patterns.

This exercise is an extension of one of the activities in our 5-Day Expansion challenge.

Notice & Reflect:

Grab a journal and for one week, either first thing in the morning or at the end of the day, list out everything you did that day (or the day before). Next to each item, note whether it felt expansive or contracting. *(set an intention or move a little slower for this week to really start to pay attention to these feelings)*

For all the things that feel contracting consider these questions:

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1. Do I really need to do this thing - is it possible to drop it altogether?

2. If I do need to do it, is there some way that I can make this a little better? (for example - listen to a favorite podcast or fun playlist, make a favorite drink and enjoy while doing it, promise yourself a walk in nature after you're done) - anything that you know will make this thing slightly better

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Uncovering Your Shadow



3. Consider - is there someone I know that enjoys this thing I don't like doing - could I pay them to do it or could I barter with them and offer to do something for them that I enjoy?

Note: You can also do this for your expansive items. Consider ways that you could make things you enjoy even better - creating more expansion inside yourself!

With slow shifts over time, making the things you don't enjoy a little better and the things you do enjoy even better, you just might find yourself feeling happier, lighter, more free, and all areas of your life headed in a more aligned, expansive direction!