THE INNER LISTENER

Make a Little Room

A Guided Journal for Making Room for the Life You Want



A two-week practice with room to begin again

PUBLICATION DETAILS

About this journal

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Personal reflection

Choose a small change you have room to explore. You can skip, adapt or stop any exercise.

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WELCOME

Bring one thing closer

Make a little room

Manifestation is making a little room for the life you want, then seeing what grows from the choices you actually make.

Choose something ordinary

Perhaps you want to draw again, call a friend more often, or leave some time for a quiet walk. Begin with something you could try in the week you have.

Make it yours

Write as much or as little as you like. The extra writing pages give you room to think, sketch a plan or come back to a question later.

HOW TO USE THIS JOURNAL

The two-week practice

For the short route, use the check-ins in Parts 1 to 4. Add any guided pages that help.

Make room

Before week one, name the what, why and how. Choose a sign to look for.

First try

In week one, record what you actually did, what helped and what competed for the time.

Try again

In week two, change one part of your plan. Use the same measure if it still fits.

Decide

After week two, count the weeks you made room and look for the sign you chose.

There are two optional repeat rounds at the back.

WORKED EXAMPLE

Making room to draw

What

I want to sketch for a little while at the kitchen table.

Why

I miss making things with my hands. A sign this is worth doing would be finishing one small sketch I do like to keep.

How

I will skip one optional Saturday errand and draw for 20 minutes after lunch. If Saturday fills up, I will draw for 10 minutes after Sunday breakfast.

WORKED EXAMPLE

How the two weeks went

WEEK ONE

I drew on Saturday as planned for 20 minutes. It helped to leave the sketchbook open before lunch.

WEEK TWO

Saturday filled up, so I drew for 10 minutes on Sunday. The smaller version fit, and I finished a sketch I wanted to keep.

DECISION

I made room in both weeks. I will keep Sunday after breakfast as my usual time and set out the sketchbook the night before.

YOUR JOURNAL

A place to begin

Add your name and a possible start date. You can return to these pages at your own pace.

My name, if I want to add it

A week I could begin

A few thoughts before I start

CONTENTS

Find your place

- Make room
- Try it in a real week
- Try a version that fits
- Decide what belongs
- Repeat round one
- Repeat round two
- What I will carry forward



Make room

Choose one part of the life you want, name why it matters, and give it a place in an ordinary week.

Leave this part with a real time and place to try it, a fallback, and one small sign to look for.

ENTRY 01 / MAKE ROOM

What I want more of

Choose an activity or experience you can make a little room for this week.

What do I want more of in an ordinary week?

What would a small version look like in real life?