

MAKING SPACE

*Simple Standards for a
Calm Home and Life*

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Thank You For Being Here



A woman with blonde hair, wearing a white t-shirt, a striped apron, and light blue jeans, is walking barefoot up a wooden staircase. She is carrying a large white bucket filled with vibrant orange and pink tulips. The staircase is set against a wall of white louvered shutters. A wicker basket sits on the steps below her. A large, ornate wire cage pendant light hangs from the ceiling. In the background, a white door with a glass pane is visible. To the right, a portion of a white cabinet is seen. The overall aesthetic is rustic and charming.

Introduction

Hello!

I'm so glad you're here.

If you picked up this book, chances are you've been craving something a little quieter. A little simpler. Not because life isn't good, but because it feels full. Busy. Maybe heavier than it needs to be.

My goal with this book is to help you let go of what no longer supports you. Rather than trying to change everything at once or add more to your plate, we are going to focus on creating small, steady standards that make everyday life feel easier.

Simplicity doesn't mean perfection. It doesn't mean empty rooms or rigid routines. It means choosing what matters most and building your days around that. It means having a baseline for a good day. One that feels realistic, grounding, and supportive of the season of life you're in right now.

You don't need to read this book cover to cover. You don't need to finish every page in one sitting. Some seasons call for decluttering. Others call for rest. Let this book meet you where you are.

Grab a pen. Make notes in the margins. Skip around. Come back to it again in a few months. This is a guide you can return to whenever life starts to feel a little too loud.

My hope is that as you move through these pages, you feel less pressure and more ease. Less rush and more presence. Less clutter, both in your home and in your mind. A simpler life is built quietly, one small choice at a time.

I really am glad you're here.

Deborah

www.BVintageStyle.com





PART ONE

What Making Space Really Is

A Slower Way to Live

Choosing simplicity in everyday is often misunderstood.

Choosing to do less doesn't mean you've stopped caring. **In fact, it means you care deeply about how your days actually feel.** By slowing down, you are choosing to create a life that feels steady rather than rushed, and intentional rather than reactive.

Making space in your life doesn't mean life suddenly becomes quiet or easy. *It means you stop trying to keep up with everything and everyone at once.* You begin to move at a pace that actually works for you.

It's choosing to linger a little longer in the morning instead of rushing out the door in a frenzy. It's cooking meals you know your family will eat instead of chasing new recipes every night.

It's leaving space in your calendar instead of filling every open hour.

Slowing down isn't laziness. It's choosing carefully.

It's recognizing that your energy is valuable and that not everything, or everyone, deserves it.

When you simplify things, you start to notice what's been asking for your attention all along. The clutter that's quietly draining you. The routines that no longer fit. The expectations that were never really yours to begin with.

A slower life isn't built overnight. It's built through small choices made consistently. One evening without rushing. One simplified routine. One boundary or standard that creates breathing room.

This is often where the shift begins....

FROM PERFECTION TO STANDARDS

Many of us have been living under the quiet pressure of perfection.

Perfect homes. Perfect routines. Perfect meals. Perfect balance. And without even realizing it, that pressure seeps into our days and makes everything feel harder than it needs to be.

Creating space through everyday simplicity allows us to step off that treadmill. Instead of aiming for perfection, we focus on standards.

Standards are not rules. They're not rigid checklists or expectations you punish yourself for missing.

They're gentle baselines or habits that support you on ordinary days.

A standard sounds like:

- "I reset one space each day."
- "I move my body in some way most days."
- "I eat real food at most meals."
- "I create a calm ending to my day."

Standards are flexible. They adapt to busy seasons, sick days, and unexpected life moments. They don't demand excellence. They allow you to give yourself grace. **They encourage consistency.**

Perfection says, If I can't do it all, I might as well not try.

Standards remind us that showing up in small, realistic ways is enough.

That shift alone changes everything.

*you don't look like your goals.
you look like your habits.*

CREATING YOUR BASELINES FOR A GOOD DAY

This is one of the most impactful parts of creating a life with more space.

Instead of measuring your days by how productive or impressive they were, you begin to measure them by whether you showed up in the small, consistent ways that matter *to you*.

Your baseline for a good day isn't extraordinary. **It's made up of a few simple standards or habits you can meet even on your hardest days.** And that's exactly what makes it powerful.

A good day might include:

- *A tidy kitchen at the end of the day*
- *Having a healthy day of meals*
- *A short walk or stretch*
- *A few quiet minutes to yourself*
- *Going to bed feeling prepared for tomorrow*

That's it.

Not every day will include all of these. And that's okay. The point is having a reference point.

Something to return to when life feels scattered.

When you know what makes a day feel good to you, you stop chasing someone else's version of success. You stop feeling behind. You stop constantly resetting from burnout.

Your standards become an anchor.



THE 80/20 APPROACH

This is where a lot of people get stuck, so I want to pause here for a moment.

Standards are meant to support your life, not become another thing you feel bad about missing. That's why it helps to think about them through an 80/20 approach.

The idea is simple: if you're able to meet your standards most of the time, that's enough.

Eighty percent consistency creates steadiness.

The other twenty percent gives you room to live.



I actually use this rule for so many things in my own life.

For example, I prioritize going to the gym or going for a run during the work week, but I give myself the weekends off.

We take the same approach with food. Throughout the week, our whole family tries to eat a lot of whole foods and simple meals that don't contain a lot of sugar or processed ingredients. But on the weekends? If we slip up, we aren't too hard on ourselves about it.

I don't necessarily go looking for unhealthy food, but if I end up having a glass of wine with my girlfriends, I don't beat myself up over it.

Eighty percent consistency creates steadiness. The other twenty percent gives you room to actually live.

*The goal isn't perfection....
The goal is returning which
gives you consistency...*

WHY THIS MATTERS

Without flexibility, even good standards can start to feel rigid. **And rigidity often leads to burnout or giving up altogether.**

The 80/20 approach allows you to stay consistent without being hard on yourself.

If you miss a day, you don't spiral. If a week looks different than planned, you don't quit.

You simply come back to your baseline.

That's where steadiness is built. Life will always include busy seasons, travel, low-energy days, and weekends that don't look like Mondays. Planning for that from the beginning helps you avoid guilt or feeling like you've failed when things don't go exactly as planned.

It gives you permission to give yourself grace!

Here are a few practical 80/20 examples:

- *You aim to reset your home most evenings during the week and let weekends be lighter.*
- *You focus on familiar, nourishing meals most days and eat more freely when plans change.*
- *You move your body regularly during the week and allow rest or slower movement on off days.*
- *You keep morning and evening anchors most days but don't force them when life feels full.*

Consistency comes from returning, not from never stepping away.

A Simple Exercise

Making space in life isn't about making it smaller. It's about creating a more intentional one.

When you slow down, release perfection, and define your own baseline or standards, life starts to feel steadier. Calmer. More aligned.

And that's something you can come back to again and again, no matter the season.

Take a moment and reflect on what actually supports you.

Ask yourself:

- *When do my days feel the best?*
- *What small habits make life feel easier?*
- *What tends to throw me off?*

Now, write down 3–5 simple things that, if they happened, would make most days feel like good days.

These are your standards.

They don't need to be impressive. They just need to work for you.

YOUR DAILY STANDARDS:

Now that we've talked about the value of building standards, it's time to see how they show up in real life. The next sections break this down by areas of your days, so you can apply what you've learned in ways that feel practical and supportive.

PART TWO

Simplifying Your Home



Part Two

WHY HOME IS THE STARTING POINT

If life feels overwhelming, home is often the best place to begin.

Not because it needs to be perfect, but because it's the one place you interact with constantly. It's the backdrop to your mornings, your evenings, your routines, and your rest.

When your home feels heavy, life feels heavier too. And the opposite is also true.

When your home feels calm and manageable, it supports you quietly throughout the day. You don't have to fight your space to get things done. You're not constantly catching up or feeling behind.

This is why simplifying your home creates such a powerful ripple effect. *It's not about aesthetics. It's about ease.*



Part Two

CLEARING THE CLUTTER, GENTLY

Let's talk about clutter without judgment.

When clutter piles up, it is so easy to feel like you are failing or doing something wrong. But in reality, it usually just means life has been busy. Things pile up. Decisions get delayed. Stuff sneaks in faster than it goes out.

Simple living asks us to approach clutter with curiosity instead of guilt.



Instead of asking, Why do I have so much?

Try asking, What do I actually want to care for?

Because every item in your home requires something from you.

- Your *Time*.
- Your *Attention*.
- Your *Energy*.
- Your *Space*.

When you begin to let go of what no longer fits your life, you're not losing anything.

You're making space.

Start small. One drawer. One shelf. One surface. There's no prize for doing it all at once.

CREATING CALM, FUNCTIONAL SPACES

A simplified home doesn't mean bare rooms or empty shelves.

It means your spaces are set up to support how you actually live.

Think about:

- *Where clutter naturally gathers*
- *What you reach for most often*
- *What feels frustrating or awkward in your daily routines*

Small changes can make a big difference. Moving things closer to where they're used. Giving everyday items a clear **home**.

Letting go of pieces that don't serve a purpose anymore.

Function creates calm.

When your space works for you, you move through your day with less resistance.

Part Two

SIMPLE HOME STANDARDS THAT STICK

This is where standards come back into play.

Instead of trying to keep your entire house tidy all the time, choose a few simple home standards that help things feel under control.

Examples:

- *One space reset each day*
- *Kitchen counters cleared before bed*
- *Shoes and bags put away when you walk in*
- *A 10-minute tidy in the evening*

These aren't rules. They're anchors.

They're the habits that quietly keep your home from feeling overwhelming.

Consistency matters more than intensity.



A SEASONAL RHYTHM FOR YOUR HOME

Homes, just like people, change with the seasons. *Making space at home embraces this.*

Instead of constantly redecorating or reorganizing, think in terms of gentle seasonal resets. Swapping out what you no longer need. Refreshing what feels tired. Bringing in what supports the current season of life.

This might look like:

- *Lighter linens in spring*
- *Cozy layers in fall*
- *Decluttering after busy seasons*
- *Slowing down in winter*

Your home doesn't need constant attention. It needs thoughtful care at the right times.



Part Two

A Moment to Reflect

Ask yourself:

- *Which space in my home feels the most calm?*
- *Which space feels the most frustrating or heavy?*
- *Where could a small change make daily life feel easier?*

There are no right or wrong answers here. This isn't about judgment. It's about understanding what your home is quietly communicating to you.

Write down what comes to mind. Awareness is powerful, and clarity often comes from simply paying attention.

Before we move on, let's pause for a minute.

You don't need to analyze or fix anything right now. This is simply about noticing.

Awareness is often the first and most important step in simplifying your home.

Take a breath. Look around the space you're in, or picture your home as a whole. Pay attention to how different areas make you feel, not how they look.





Gentle Action Steps

Now that you've taken a moment to reflect, it's time for a very small step forward.

Not a big project. Not a full reset. Just one intentional choice. Simplicity at home is built through small, doable actions that add up over time. When you keep things manageable, you're far more likely to follow through.

Choose one small thing to do this week:

1

2

3

4

Clear one
surface

Declutter one
drawer

Create one
simple routine

Let go of five
things you no
longer need

That's it.

Resist the urge to do more. This is not about checking things off a list. It's about creating days that feel steadier.

Not by pushing yourself further, but by choosing fewer things and doing them well.

PART THREE

Simplifying Your Days



Part Three

Why Our Days Feel So Full

Most of us don't feel overwhelmed because we're doing one big thing wrong. We feel overwhelmed because our days are packed with a hundred small things pulling at our attention.

Appointments, emails, errands, meals, activities, notifications. Even the good things add up.

When every day feels rushed, it becomes hard to enjoy any of it.

When we simplify our days, we are actively creating enough space to be present for the things that truly matter. It's about clearing out some of the **NOISE**, and then holding that space for what is actually important to you.



Part Three

DESIGNING DAYS THAT FEEL LIGHTER

A simpler day doesn't need to be perfectly planned.

It just needs a little intention.

Instead of trying to optimize every hour, start by thinking about how you want your days to feel.

Calm.

Steady.

Nourishing.

Spacious.

Ask yourself:

- *Where do my days feel rushed?*
- *What feels unnecessary or draining?*
- *What could be simplified or done less often?*

Sometimes the biggest relief comes from removing one thing rather than adding another.

Part Two

STARTING THE DAY STEADY

How you begin your morning shapes everything that follows.

This is where your standards turn into daily habits.

A morning standard doesn't need to be long or complicated. It's one or two small habits you commit to before the day begins demanding your attention.

It might be:

- *Making your bed*
- *Drinking a glass of water*
- *Sitting quietly before checking your phone*
- *Stepping outside for fresh air*

These habits don't take much time, but they reduce decision fatigue and create clarity. Instead of reacting immediately, you're choosing how your day begins.

Standards become sustainable when they're attached to habits. When something is repeatable and simple, it stops feeling like effort and starts feeling steady.

That steadiness is what creates space.



CLOSING THE DAY WITH INTENTION

Evenings matter just as much as mornings.

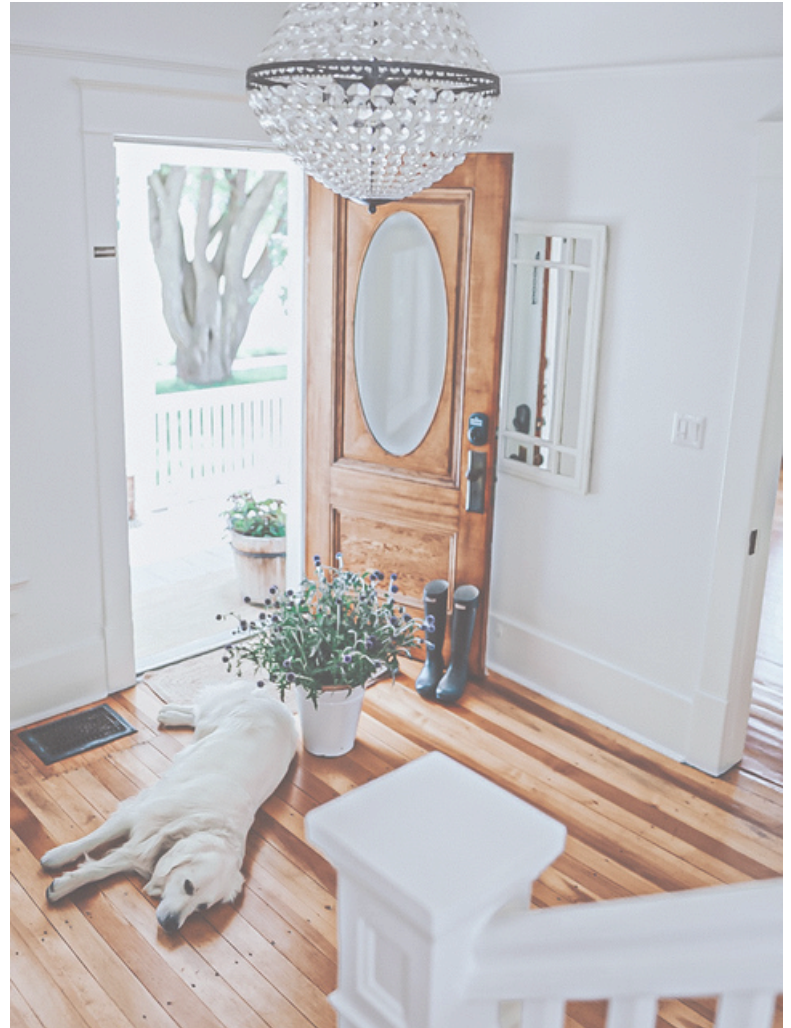
An evening standard helps you close the day instead of leaving everything unfinished. It protects tomorrow from starting in chaos.

It might look like:

- *Resetting the kitchen*
- *Clearing one surface*
- *Writing down tomorrow's priorities*
- *Turning off screens earlier*

When you follow through on even one small habit most nights, you remove friction from the next morning.

Standards aren't about adding structure for the sake of it. **They're about reducing noise.**



When your day has a steady beginning and a thoughtful ending, you feel less behind and more in control.

Structure creates space.

Space allows you to move through your life with more ease.

Part Three

Creating a Weekly Flow

When everything feels like it needs to happen every day, life gets exhausting.

A weekly flow brings structure without rigidity.

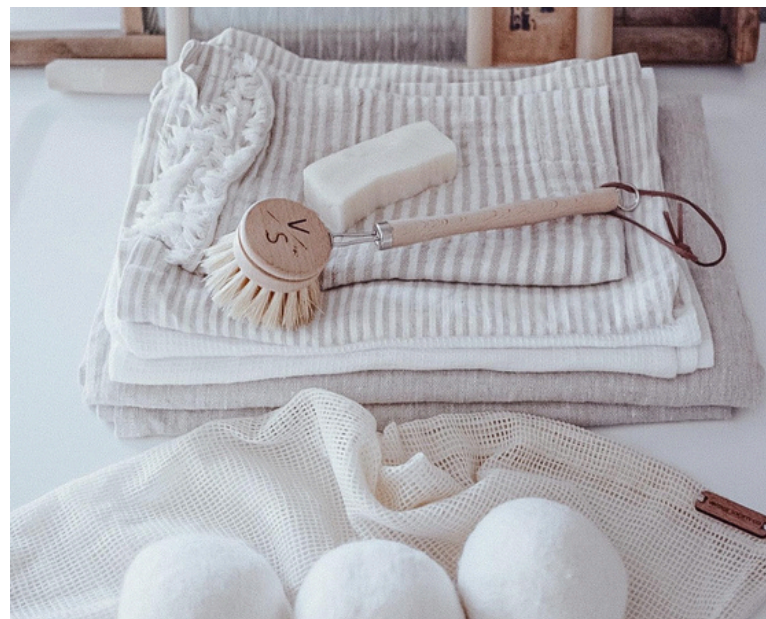
Instead of constantly deciding what to do next, you give each day a loose theme or focus.

For example:

- *One or two set laundry days*
- *One meal planning or prep day (I love to do this on Sunday)*
- *One home reset day (Mondays are a great option because that fresh start tends to carry through the week.)*
- *One slower, rest-focused day*

This reduces decision fatigue and helps your week feel more manageable.

create the life you love...



MAKING SPACE FOR REST

Rest is not a reward. It's a requirement.

So many of us treat rest like something we get to do after everything else is finished. *But in real life, everything is never finished.* When rest keeps getting pushed aside, even the smallest tasks begin to feel heavy and draining.

Creating space makes room for rest on purpose, not only when you're completely burned out.

We often picture rest as something dramatic or indulgent—like a full spa day or a long vacation. But true, sustainable rest is usually found in small, quiet choices throughout the day.

Rest can look like:

- *Going to bed earlier*
- *Saying no to extra commitments*
- *Sitting quietly without multitasking*
- *Choosing calm over productivity*
- *Letting a task wait until tomorrow*

Rest supports your energy, your mood, and your ability to show up well in your life. It allows everything else to work better.

**You don't need to earn rest.
You need it to function well.**

You are allowed to rest.

A Moment To Reflect

Take a pause for a moment and check in with your days as they are right now.

There's no need to judge or fix anything. This is simply about noticing. So often we move from one thing to the next without stopping to ask how our days actually feel.

Think about the natural rhythm of your day, from morning to evening.

- *When do your days feel the most rushed or pressured?*
- *What part of the day feels the heaviest or most draining?*
- *Where could a small change create a little more breathing room?*

Let your answers come easily. You don't need to overthink them.

Write down what comes to mind. Awareness gently shows you where simplification will matter most, and where even a small shift could make a meaningful difference.

YOUR THOUGHTS:

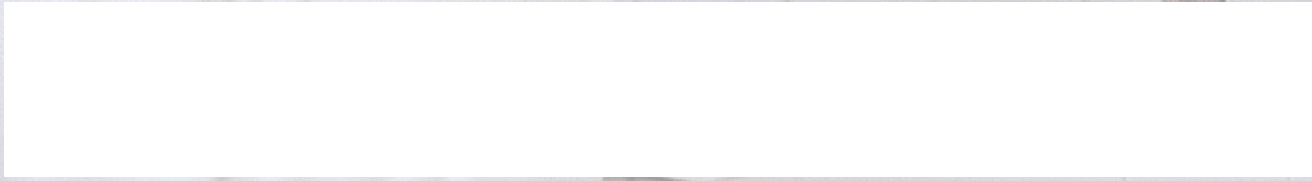
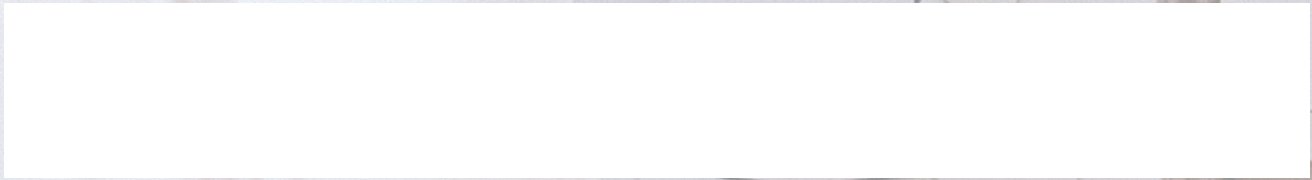
Gentle Action Steps

Choose one small way to simplify your days this week:

- *Create one morning habit or standard i.e Journaling first thing in the morning.*
- *Create one evening standard or anchor i.e Assigning yourself a bedtime.*
- *Remove one non-essential commitment*
- *Design a simple weekly flow*
- *Allow yourself time to rest.*

Just one. You don't need to fix everything at once. Creating space and simplicity works best when it grows slowly and naturally.

SIMPLE EVERYDAY IDEAS:



PART FOUR

Simplifying Your Food & Meals



Part Four

WHY DOES SOMETHING WE DO EVERY SINGLE DAY FEEL SO OVERWHELMING

Food should nourish us, not exhaust us.

And yet, for so many of us, meals have become one of the most stressful parts of the day. **Not because we don't care, but because we care a lot.** We want to feed our families well. We want meals to be healthy, enjoyable, and homemade when possible. And somehow, that pressure can turn dinner into another thing we're constantly trying to keep up with.

Making space in our everyday invites us to step out of that cycle.

The goal of this section is to remove the friction from everyday meals so that food feels supportive instead of overwhelming. You won't find complicated new recipes here; instead, we'll focus on systems that make feeding your family easier.



Part Four

LETTING GO OF DECISION FATIGUE

One of the biggest sources of stress around meals isn't cooking. *It's deciding.*

What's for dinner?

Do I have the ingredients?

Will everyone eat this?

Those questions, day after day, quietly drain energy.

Simplifying food starts with reducing decisions. When you know what works, you stop reinventing the wheel every night.

This is where meal planning, favorites lists, and pantry basics come in. Not to box you in, but to give you something solid to lean on.



Part Four

Meal Planning That Feels Doable

Meal planning doesn't need to be rigid or time-consuming.

Think of it as a loose plan, not a contract.

A simple meal plan might include:

- *A few dinners you already know how to make*
- *One or two flexible nights*
- *Leftovers built in*
- *Realistic expectations for busy days*

The goal isn't variety for the sake of variety. It's ease.

Your meal planning template is there to help you see the week at a glance and make grocery shopping simpler. *Use it as a guide, not a rulebook.*

create the life you love...



YOUR FAMILY FAVORITES LIST

This page is one of the most powerful tools in this section.

Your family favorites list is exactly what it sounds like. A written list of meals that:

- *You know how to make*
- *Your family actually eats*
- *Fit your lifestyle and values*

These are your repeat meals. Your go-tos. The ones that don't require much thought.

When you're tired or short on time, this list becomes your best friend. Instead of scrolling or searching, you simply pick from what already works.

There is no prize for constantly cooking new meals. Repetition is freeing.

Part Four

PANTRY BASICS THAT SUPPORT SIMPLICITY

A simplified pantry makes everything else easier.

When you keep a small list of pantry basics on hand, meals come together faster and grocery trips feel less chaotic.

This doesn't mean stocking everything. It means knowing what you actually use.

Your pantry basics checklist helps you identify:

- *Staples you rely on regularly*
- *Ingredients that support your repeat meals*
- *Items you don't need to buy over and over again*

Over time, this creates a kitchen that works with you instead of against you.



CREATING AN EASY MEAL ROTATION

Meal rotation is one of the simplest ways to remove stress from everyday cooking.

Instead of planning from scratch each week, you rotate a small set of meals you already love. These are the meals your family eats without complaint.

The ones you don't have to think too hard about. The ones that fit your life.

You can keep your rotation steady, or adjust it with the seasons. Lighter meals in warmer months. Cozier, heartier dishes when it's cold. There's no right or wrong way to do this.

An easy meal rotation might look like:

- *5–10 go-to dinners you can make without a recipe*
- *Familiar breakfasts and lunches you repeat often*
- *Flexible weekends where you use leftovers or keep things simple*

The goal isn't variety for the sake of variety. It's ease.

Grocery shopping gets easier. Evenings feel less rushed. You're no longer spending energy deciding what to cook, so you have more energy for everything else.

*Predictable meals create space...
that space is where calm begins.*

Weekly Dinner Planner

MONDAY

Dutch Oven Chili

TUESDAY

Slow Cooker Taco Soup

WEDNESDAY

Stuffed Portobello Mushrooms
Sautéed Green Bean Salad

THURSDAY

Braised Leek Chicken
With Potatoes (One Pan)

FRIDAY

Bacon Wrapped Chicken Breast
Tomato Mozzarella Basil Salad

SATURDAY

Easy Baked Caprese Chicken
Pesto Potato Salad

SUNDAY

Fall Apart Roast Beef
Healthy Coleslaw Recipe

Weekly Dinner Planner



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

A Moment To Reflect

Before we move ahead, let's slow this down for just a moment.

Food is deeply tied to routine, energy, and emotion, so it's worth pausing to notice how it actually feels in your day-to-day life right now.

There's nothing to fix here. This is simply about awareness.

Take a moment and ask yourself :

- *What feels hardest about meals?*
- *What feels easiest?*
- *Which meals do you make on repeat already?*

Write it down. Awareness helps you simplify without forcing change.

YOUR THOUGHTS:

Gentle Action Steps

Now comes the most important part, choosing something small and realistic.

You don't need to overhaul your meals or plan weeks in advance. Simple living with food is built one gentle step at a time.

Choose one small step to start simplifying food this week:

- *Fill in your family favorites list*
- *Plan just three dinners*
- *Create a short pantry basics list*
- *Repeat one easy meal twice this week*

That's enough.

Simplicity with food isn't about cooking more or trying harder. It's about creating systems that support you so meals can feel nourishing, familiar, and calm again.

SIMPLIFYING MEAL IDEAS:

PART FIVE

Simplifying Your Mindset

Making Space in Your Mind

Why can you simplify everything around you and still feel overwhelmed inside?

Making the space to create contentment isn't only about your home or your schedule. It's also about what's happening quietly inside you.

You can declutter your space, simplify your meals, and still feel overwhelmed if your mind is constantly racing or your heart feels stretched too thin. That's why this part matters so much.

Simplifying your mind is about creating emotional breathing room. It's about letting go of pressure, expectations, and comparison so you can move through your days with more ease.



*No expectations...
No disappointments.*

Part Five

LETTING GO OF COMPARISON

Comparison sneaks in easily, especially in a world where we're constantly seeing snapshots of other people's lives.

It can make you feel behind, even when you're doing just fine. It can make you question your choices, your pace, and even your priorities.

But here's the truth: you're only ever seeing highlights. You're not seeing the full picture.



Sometimes what we need most is the space to come back to our own lives.

To trust that our season, our rhythm, and our choices are enough.

When you notice comparison creeping in, pause and ask:

- *What am I actually craving right now?*
- *Is this about them, or about something I need?*
- *What does my life need more of today?*

Often, comparison is just a signal that we're tired or overstimulated. Rather than spiraling, create a little distance from whatever is triggering it. Step away from the noise and redirect your focus toward your own life.

CHOOSING PRESENCE OVER PERFECTION

Perfection is exhausting.

It asks you to constantly improve, optimize, and do more. Presence asks you to simply be where you are.

This is choosing presence in small ways:

- *Listening fully instead of multitasking*
- *Enjoying a quiet moment without documenting it*
- *Letting things be good enough*

You don't need perfect routines, perfect meals, or perfect days. You need moments where you're fully there.

When you allow yourself to slow down and actually notice your life as it's happening, something shifts. The day feels fuller without needing to be busier. Even the ordinary moments carry more weight, more meaning, simply because you were there for them.

Presence turns ordinary days into meaningful ones.

Part Five

Creating Emotional Margin

Margin is the space between what you're capable of and what you commit to.

When life is packed too tightly, there's no room to breathe. No space for rest, creativity, or unexpected moments.



Creating emotional margin might look like:

- *Saying no without over-explaining*
- *Leaving gaps in your calendar*
- *Ending your day earlier*
- *Protecting quiet time*

Margin isn't laziness. It's self-respect.

It allows you to show up with more patience, energy, and clarity.



*if we are always chasing what we don't have...
we will never appreciate what we do have.*

SETTING BOUNDARIES

Boundaries don't have to be harsh, dramatic, or complicated.

They don't require long explanations or apologies. Most of the time, they're quiet decisions you make about how you spend your time, your energy, and your attention.

Supportive boundaries are rooted in self-awareness, not defensiveness. They come from knowing your limits and respecting them, even when it feels uncomfortable at first.

A boundary might sound like:

- *"That doesn't work for me right now."*
- *"I need a little more rest."*
- *"I'm not available for that."*
- *"I can't take this on, but thank you for thinking of me."*

You don't owe anyone a detailed justification for protecting your energy.

Boundaries make space for what truly matters. They help you show up more fully in the areas of life that deserve your time and care. Without them, everything begins to feel rushed, stretched, and overwhelming.

Choosing to honor your limits isn't selfish. It's responsible. It's how you prevent burnout and create room for presence, rest, and clarity.

A simpler life respects limits instead of pushing past them, and allows your days to unfold with more ease and intention.

*Not everything
deserves your energy*

A Moment To Reflect

Before you move on, pause for a moment and reflect.

This isn't about solving anything or making decisions right now. It's simply about giving yourself a few quiet minutes to check in with how you're really feeling.

Ask yourself these simple questions:

- *Where do I feel the most pressure right now?*
- *What feels heavy in my mind or in my heart?*
- *Where could I use a little more space or ease?*

You don't need to have clear answers. Even noticing what comes up is enough. **Often, we move through our days so quickly that we don't give ourselves permission to acknowledge what we're carrying.**

Write down whatever comes to mind. There's no right way to do this. Awareness is often the first step toward relief.

YOUR THOUGHTS:

Simple Action Steps

Once you've taken a moment to reflect, consider one small way you can create a bit more breathing room this week.

Not a big change. Not a complete reset. Just one intentional choice that feels supportive.

Choose one:

- *Limit comparison by taking a short break from social media*
- *Say no to one thing that feels draining or unnecessary*
- *Create a quiet moment each day, even if it's brief*
- *Let go of one expectation you've been holding yourself to*

That's enough.

You don't need to overhaul your life to feel better. Small shifts, made with care, can change how your days feel.

This isn't about controlling your life or trying to manage every emotion. It's about creating space for your life to unfold with a little more ease.

SIMPLE IDEAS:

A bedroom interior with a chandelier, a bed with striped bedding, a dog sitting on a cushion, and a window with a view of trees.

PART SIX

Coming Back to What Matters

Bringing It All Together

Defining Your Personal Standards

This is where everything you've explored comes together.

Don't think of this as a checklist to follow, but as a way of moving through your days with more intention and less friction.

Instead of chasing perfection or trying to keep up with someone else's pace, you've been learning to identify standards that quietly support *your everyday life*.

Think of these as your baseline for a good day.



They aren't ambitious. They're realistic. They're the small things that help life feel manageable, even on busy or imperfect days.

Your standards might look like:

- *A home that's reset just a little each day*
- *Meals that are familiar, nourishing, and easy to repeat*
- *Daily movement that fits your energy, not an ideal version of yourself*
- *Quiet moments built into your routine, even if they're brief*
- *Clear limits around your time and commitments.*

These aren't rules you're meant to follow perfectly. They're anchors. When life feels busy, messy, or stretched thin, they give you something steady to return to.

A Moment To Reflect

Before you close this book, pause for a moment.

Not to plan or fix anything, but to notice where you are right now. Everything you've moved through has been guiding you back to one simple question:

What actually supports your life as it is today?

Think about your days, your home, your energy, and your time.

Ask yourself:

- *What helps my home feel calm enough to rest in?*
- *What rhythms make my days feel easier, not fuller?*
- *Where do I need more space right now?*
- *What feels like too much?*

You don't need perfect answers. Just honest ones.

Take a few minutes to write down what comes up. This awareness is what helps things begin to shift.

YOUR THOUGHTS:



Final Action Steps

Now, choose a few simple standards to carry forward.
Not ambitious goals. Not a long list. Just the small, steady things that help
your days feel grounded.

Write down:

1

3–5 daily standards that support you (for example: a quick home reset, familiar meals, movement that fits your energy, quiet time, clear limits)

2

One overall intention for how you want your days to feel (calmer, slower, lighter, more spacious)

3

One small commitment you want to try (protecting your energy, simplifying one area, creating more presence)

Keep these simple and visible. Let them guide you quietly, not perfectly. You don't need to do this the same way forever. These can change with your seasons. This isn't about controlling your life. It's about creating space for it.

You're not behind.
You're right where you need to be.

*Thank you for taking
the time to be here.*

Thank you for making space, not just for this book, but for yourself. In the middle of full days and busy lives, choosing to pause is no small thing.

My hope is that these pages felt less like instructions and more like a place to land. A reminder that your life doesn't need to be fixed or rushed, just supported in small, thoughtful ways. If there's one thing I hope you carry forward, it's this: you're allowed to choose a pace that fits. You're allowed to let go of what feels heavy. You're allowed to shape your days around what actually matters to you.

Come back to this book whenever life feels noisy or off-balance. Let it be something you return to, not something you finish. A steady reference point when you need to reset or remember what works for you.

Thank you for trusting me with this small part of your life. It truly means more than I can say. Take care of yourself, and take your time.



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