DEAR FRIEND,

I started a space just for me in a space that was white and will never be filled with huge amounts of ink.

It's physical form is a notebook entitled **White Space.**
It's where I #tagthesparkles

This is a house with walls, a home with a cover too for the important inspirations that don't fit anywhere else but need to exist within my own universal alignment in a specific moment I observe in life, in motherhood, in work.

It's a space of faith, of reassurance, of belief in self and a space to be quiet and focussed on less.
It's a space that doesn't need to please anyone else, nor a start or end, it can just be and that's enough and it might not ever be more.

It's both perfectly focused and spacious. It's just for me.

Every other week I share one of these inspirations on Instagram
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I invite you to do the same as a gift back to the people you most want to connect with in surrender of never knowing or needing recognition of impact.

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The invite to you is simple;

Find a notebook and write as they come to you...
• One inspiration per page
• A title, time and date
• One - three sentences per inspiration

(they can be notes stuck in, transferred from your phone, a receipt in your car or anywhere else – give your permission to keep pens and pencils more places than you might have).

In starting the exercise, you will start a commitment to a potential future version of yourself to grow some of these inspirations into other creative places of your work and life, for some of them to grow into their own notebook project, blog, published book, tree, exhibition or more.

Today I wrote - “a home grown fig tree with fresh figs in late summer”

As always, I’d love to hear from you in connection as and when.

Sending sparkles and space,

Claire

www.creativelyconscious.co.uk