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Got Space?

Unlike the famous ad campaign, “Got Milk?”, this is more than a question of sustenance. It’s more of a question of sanity, of nourishment, of clutter free rooms in our own minds.

I run into a lot of people who don’t have space—physically, emotionally, or mentally. I’m the worst of the packrats when it comes to physical space. The more I have, the more I clutter.

I’ve done better when it comes to emotional and mental space. We all need time alone—to think and reflect. To check in with ourselves. And to view the landscape in a different way. Coach the client, not the situation. That’s a coaching mantra.

So maybe the phrase should be “Got Space?” Ever take two hours of time, in the middle of the day, to move towards joy? That’s making space. Breathe for 10 seconds in between meetings? That’s also making space. Dump all your feelings from the day into a journal? Amazing what getting rid of clutter will do for you!

So when the walls seem to be closing in on you, when life feels like the same old thing, check in with yourself. Got space?

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