



EMPTYING YOUR BOX

A NIGHTLY EXERCISE

This exercise is designed to empty all those thoughts and worries before bed.

[Here is a link to coordinate journaling with calming music.](#)

Write what you have been carrying that you want to let go of:

1. Close your eyes and relax
2. Picture yourself putting your box outside your door. Imagine the box getting lifted away, never to be seen again. Feel the relief of letting that go... You have now created space for new beginnings.
3. Now picture a new shiny box at your door.

Write what you want to see in the new box, in your world. You can set an intention for tomorrow. Feelings go great in this box of the future.

Bonus: Name 3 things your are thankful for.

- 1.
- 2.
- 3.