

Claim Your Space

You can only imagine how little quiet time and few quiet working spaces I had when I was just starting out juggling a full-time job with a business and two small children. Here are some ways I did it when I had some technical device: smart phone, laptop, tablet.

Creative ways will come to you too. When you are focused, you will find the time, and people and circumstances just shift to make room for what you want. That's how it works.

- Reserve a study room in a library
- Pay for the day at a working space such as wework.com
- Use liquidspace.com and pay as little as \$10 an hour to book a small office with 2 chairs. This is a good resource for holding meetings - big or small.
Sit in your car with a cup of tea or coffee before you greet your family. Write down what you will action.
- Listen to calming background music. You can transport yourself into tranquility by simply activating your senses. Play any meditative, healing chakra, piano or instrumental audio segment and put it on repeat for the time you have dedicated to focus.
- When visiting family for a special occasion, ask them if you can use a study room or bedroom for an hour.
- In the waiting room at a doctor's office
- When at your day job, take a 1-hour lunch alone, away from anyone who can find you.
- During your commute to and from work.
- After a shower - water stimulates creativity!
- Sit outdoors, in your backyard. Calming sounds of birds and feel of breeze relaxes you.
- In the bath. Buy an inexpensive teak wood "desk" which drapes the rim of the tub.
- Any space where you are assured of 45-minutes of QUIET time - claim your space!

That's how I did it and so can you too. You've GOT this.