

A man with dark hair, wearing a bright yellow t-shirt and dark blue pants, is seen from behind, carrying two young girls on his back. The girls are wearing colorful clothing and pink shoes. They are standing in a field of tall green grass with many red poppies. The background is a soft-focus landscape with trees and a clear sky. A semi-transparent dark grey rectangle is overlaid on the center of the image, containing the text.

# Creating Space for New Love

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The journey towards new love begins with creating space for love in your life. The stage for new love needs to be set on both an internal and external level. You are worthy of new love. Our internal and external environments are reflections of how we love ourselves and how open we are to receiving new love.

Below are some instructions on how to create new space for new love in your physical environment. Creating this space in your physical environment helps to shift your internal emotional space as well!

## Creating Space for New Love

Step 1: Look around your home environment- notice if there are any items that remind you of your past relationships. This includes things like clothing or lingerie that you used with your ex. If you can let them go, then please do. If you can't let them go, reflect on why. Is it fear of moving forward?

Step 2: Make space for someone new in your space- this means clean out a drawer and leave it empty for someone to keep their things in. Leave and open space in your closet for someone to put his clothes in.

Step 3: Set your bedroom up for love.

Make space on both sides of your bed for someone to get into. Put a bedside table on each side of the bed. Make sure there is nothing under your bed.

Change starts with the first step. You can do this! For more information go to [kirstenkeach.com](http://kirstenkeach.com)