

YUTORI SPACE

SPACE TO RESTORE. CAPACITY TO CONTINUE.

RESOURCE GUIDE

5 Simple Ways to Create More Space in Your Day

A PRACTICAL GUIDE TO HELPING YOU
PAUSE, NOTICE WHAT YOU NEED, AND
RESPOND WITH INTENTION.

Introduction



When life feels busy, it's easy to believe that creating more space means finding more time. But for many of us, that's simply not realistic.

Creating space isn't about clearing your diary or adding another task to your to-do list. It's about making small, intentional moments throughout your day that allow you to slow the pace, even briefly.

These moments might only last a minute or two, but they can make a surprising difference. They give us the opportunity to step out of the constant momentum of daily life, take a breath, and experience the present moment rather than rushing straight to the next thing.

The five practices in this guide are simple by design. There is no right way to do them, and you don't need to complete them all at once. Instead, think of them as gentle invitations to experiment and discover what helps you create a little more space in your own life.

Start with one practice that appeals to you, return to it whenever you can, and notice how it feels. Small moments, repeated consistently, often have the greatest impact.

Create transition moments

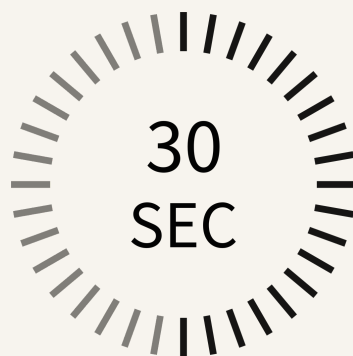
Rather than rushing straight from one activity to the next, allow yourself 30 seconds before moving on.

Take a breath.

Look around you.

Feel your feet on the ground or the seat beneath you.

The aim isn't to do anything productive—it's simply to avoid carrying the momentum of one part of your day into the next.



Protect one small pocket of your day

Choose just one everyday moment to keep free from distractions.

It could be:

- your morning coffee
- your shower
- walking the dog
- eating your lunch
- watering the garden

Leave your phone where it is.
Allow that moment to simply be.



Spend 5 minutes outside

Not for exercise.

Not to tick off your steps.

Just to experience being outdoors.

Notice the temperature, the sounds, the breeze or the
changing seasons.

Sometimes space comes from changing our environment.



Create one less commitment

Instead of adding another wellbeing habit, ask yourself:

What could I do less of today?

Could you:

- say no?
- leave one email until tomorrow?
- stop scrolling for ten minutes?
- let one household task wait?

Sometimes creating space is about removing rather than adding.



End the day without rushing into tomorrow

Before bed, spend at least 15 minutes without your phone or television.

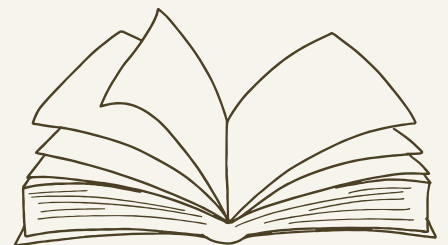
Sit with a drink.

Read.

Stretch.

Journal.

Simply allow the day to come to a close before planning the next one.



Reflection

Looking back...

As you tried these practices, did one create a greater sense of space than the others?

Was there one that felt particularly difficult?

Is there one you'd like to continue?



Closing

You don't need a completely free schedule to create space.

Small moments, used with intention, can help you slow the pace and make room for what matters.

As you continue to try these practices, be patient with yourself. Some days will feel easier than others—and that's okay.

Creating space is not about doing more. It's about choosing what deserves your energy and letting the rest wait.

Come back to these practices often, and see what difference they can make over time.



*You don't have to do it all.
A little space can go
a long way.*