



## Six Things That Get in the Way of Creating SPACE

- 1) **Wanting** -- being singularly and narrowly focused on what we want that we don't take into consideration other people's wants or needs.
- 2) **Worrying** – obsessing about the past or future; not being in the “present.”
- 3) **Rushing** – always on the go, in a hurry; not giving people our full attention; not being “present” for them;
- 4) **Judging** – judging ourselves and others in ways that tear down versus build up;
- 5) **Blaming** – looking out the window versus looking in the mirror; blaming others instead of examining ways that we may contribute to the situation in question;
- 6) **Dropping** [the ball] – not following through on a promise or commitment; saying “yes” when we really mean “no” or don't have the capacity to deliver on “yes.”