Expansion Practice

A Guide to Meeting Your Edges and Growing Beyond Them

Life is a continuous **game of perceived limitation**, calling us forward to meet our edges and expand beyond them. The greatest transformations happen not when we abandon our comfort zone entirely, but when we stretch it—**expanding our capacity, courage, and creativity**.

The key is not forcing yourself into the unknown recklessly but learning to dance with it, to meet the next level of growth with curiosity rather than fear. Expansion is not about escape; it's about integration—bringing the new into your existing world in a way that feels aligned, embodied, and empowering.

This practice is designed to help you intentionally step into your next level while staying connected to yourself. It blends **daily alignment reflections** with **monthly expansion reviews**, ensuring your growth is both intuitive and intentional.

Daily Alignment Practice:

(Journal or use a voice journaling app like Untold)

Morning Reflection — Setting the Energy for the Day

1. **What would love do through me today?**
   (*A shift from productivity-driven thinking to an expansive, heart-centered way of being.*)
2. **What do I feel inspired to do today? Who do I feel called to connect with?**
   (*Rather than forcing action, listen to the organic pull of inspiration.*)
3. **What is one thing my future self has already created that I can feel gratitude for now?**
   (*This collapses the gap between your present and future reality by embodying gratitude now.*)
4. **Who will I send blessings and good energy to today?**
   (*Inspired by Pierre Pradervand's "The Gentle Art of Blessing," this shifts you into a state of generosity.*)

Evening Reflection – Integrating the Day's Growth

1. **What were three great things that happened today?**
   (*Celebrating what worked reinforces an abundance mindset.*)
2. **What is one edge I met today? How did I respond?**
   (*Noticing where you met resistance allows you to expand your awareness and rewrite limiting patterns.*)

3. **What is one small way I can stretch beyond my current limitations tomorrow?**
   (*This ensures consistent, incremental growth rather than overwhelming leaps.*)

Monthly Expansion Review:

(Reflect at the end of each month to assess, integrate, and set intentions for the next cycle)

Looking Back

1. **What worked this month? What am I proud of?**
   (*Acknowledge your wins—big and small.*)
2. **Where did I feel the most resistance or contraction?**
   (*Resistance signals your next growth opportunity.*)
3. **What limiting beliefs showed up for me? Are they true or are they old patterns?**
   (*Bringing awareness to limiting beliefs is the first step to dissolving them.*)
4. **What felt heavy or stagnant that I need to release?**
   (*Expansion requires clearing space for what's next.*)
5. **What new perspectives, skills, or ways of being did I integrate this month?**
   (*Growth is often subtle—what inner shifts have become part of you?*)

Looking Ahead

6. **What is one edge I want to meet and move beyond next month?**
   (*This ensures you are actively evolving toward expansion.*)
7. **What is one project or action that would move the needle toward my bigger vision?**
   (*Intentional progress over busywork.*)
8. **What is one small action I can take today to start?**
   (*Momentum is built on small, consistent steps.*)

Final Notes on Expansion

- Growth is not a straight line—it's cyclical. Be gentle with yourself when contraction happens.
- Expansion is about **building capacity** for the new, not forcing yourself into discomfort.
- Your nervous system plays a huge role in sustainable growth—notice when you're expanding with ease versus pushing through stress.
- The more you engage with this practice, the more effortless expansion becomes.