

## *Reflection Questions*

Which space, in your home, are you **least** comfortable or **most** annoyed?

Based on the workshop, what is the **Collective Symbolism** of this space? If it is not a space we discussed, specifically, what do you perceive is the Collective Symbolism of this room?

What, **specifically**, bothers you?

For whom, or what, was this room **intended**? Is the room being used in the manner originally intended? If not, why not?

Who spends the majority of time in this room? What is your relationship to that person? What are your feelings toward that person, or their behavior, in relationship to the room, and in general? Be **honest** with yourself.

What things would you do **differently** in this space, at this point?

What **prevents** you from making those changes?

How does the space, as it currently stands, impact you, **emotionally and logistically**, as well as **limit you** from your life goals?

Does money prevent you from taking action in this space? If so, what is the **underlying reason** that prevents more money being available for this area? What are the **feelings** associated with that limitation?

Does time prevent you from taking action in this space? If so, what is the **underlying reason** that prevents more time being available for this area? What are the **feelings** associated with that limitation?

What can you do, in addition to shifting the space, to **process** the above feelings? For example: journal, communicate with members of your household, talk with a helping professional, etc.

## *Take Action*

**Once you have answered the Reflection Questions, start with the one space you already selected.**

**Identify** what, specifically, you are ready to shift.

Most shifts will include a **purging** of excess items. Start there.

Now that you have begun to understand the story of your stuff, identify which objects--- from the vases to the sofa---support you and what limits you. **Release** (or slowly replace, as budget allows) **anything that reinforces a limiting story.**

Either **make a list** of the larger objects, or just begin purging the small items.

If you find yourself in resistance, **honor the feelings**, and gently assure yourself that your identified items, and/or the space, as it currently exists, are not supporting you.

Identify what would make the space a **better reflection** of your current needs and desires. This will often take further reflection. **Acquire** it, as you are able.

If you cannot immediately acquire the desired items, **create mental and emotional space** for those things to come sooner: Get clear on your wish list, write things down, make an inspiration board on Pinterest, put something in the space that symbolizes what you are seeking, remove something from the space to make room for the new item, to create a sense of urgency.