

HOME SPACE AUDIT

How we design the spaces we spend a lot of time in such as home and work affects our emotional well being in many ways. The next time you are at home, in the office, or any other place you spend significant amounts of your time, think about how that space affects you and consider:

- What can you do — right now, today — to curate your space a bit to shape your emotional experience?
- What can you remove to turn down the volume on an emotional response such as stress or anxiety?
- What could you add to turn up the volume on a different one, such as calm and joy?
- What local, easy-to-access places would you identify as your own personal “emotional oases”? And how can you fold pit stops to these locations into your weekly or even daily routine?

HOME	OFFICE

