

Lifestyle Design - Practical Tools for Balanced Living

Comfort Living means living 'better than perfect' -- like your favorite pair of jeans.

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EXERCISE / Your Comfort Home, In Your Own Words

Think about how you want to feel when you are at home. Without the distraction of colors, styles or stylized photographs, circle your words, the ones that describe your Comfort Home:

CALM	COMFORTABLE	USEFUL	NEAT	AIRY	HUMBLE
ORGANIZED	INSPIRATIONAL	COZY	FRIENDLY	TRADITIONAL	QUIET
COOL	IMPRESSIVE	BUSY	GLITZY	STIMULATING	PRETTY
LIVED-IN	SERENE	CASUAL	WHIMSICAL	HIGH-TECH	CLUTTERED
EDGY	SIMPLE	NATURAL	EFFICIENT	SLEEK	GREEN
VINTAGE	GLAMOROUS	VIBRANT	UNIQUE	UNPREDICTABLE	SPORTY
FEMININE	MASCULINE	COMPACT	ROMANTIC	ARTSY	RETRO
WACKY	FASHIONABLE	SUBDUED	COLORFUL	PRIVATE	CASUAL

Now cross out the words that don't appeal to you.

A Practical Tool for You!

A LIGHT TIMER: In *Comfort Living*, I talk about creating Campfires, centers of energy that draw you in so that you're more connected to yourself and things that matter to you. Just like real campfires, the warmth that comes from the glow of soft lighting can ease the rough edges of life.

Buy a light timer, for \$5 at the hardware store, and set it to turn on in the evening and go off before you go to bed. It'll be like at home, when your mom or dad turns on the light at night as a way of saying "welcome home."

Comfort Living: A Back-to-Basics Guide to a More Balanced Lifestyle is available on the website, through Barnes & Noble, Borders, Books a Million and on Amazon. It offers a straight forward approach to getting comfortable in your own home. Profile pages, ToolBoxes, examples and planning pages simplify the process of making your day-to-day lifestyle reflect what's most important to you.