

Comfort Living: A Back-to-Basics Guide to a More Balanced Lifestyle

Getting Started



*"There's no place like home."
-- Dorothy*

Name:

Date:

Work Status:

Special Interests:

Passions:

1. Who else lives with you?
2. What 3 words describe your home as it is now?
3. List 3 things you like about your lifestyle AND 3 things you'd like to change.
4. What are your needs and wants for the coming year? What about the longer term?
5. Where do you (and those who live with you) spend the most time?
The least time?
Why?
6. Rate 1-5 how well you do on each of these activities:
 - Time Management
 - Routine De-Cluttering
 - Making Changes to Your Surroundings
 - Preserving Memories (photographs, journaling, traditions, etc.)
 - Taking Time for Yourself (hobbies, friends, exercise, etc)
 - Preparing / Sitting Down for Meals
 - Inviting People into Your Home
7. What do you hope to gain from Comfort Living?