## GET YOUR HOUSE IN ORDER

Welcome to "Get Your House in Order," a unique self-reflection journey designed to help you explore and improve various aspects of your life
Just like the rooms of a house, each area of our lives needs attention and care. Our interactive form invites you to introspect and plan changes in different life 'rooms' - from your personal goals in the 'Master Bedroom' to your social connections in the 'Living Room'.

Download this form today and start mapping out your pathway to a more fulfilled and balanced life, one room at a time.

## EXAMPLE



| LOCATION: | CURRENT REALITY | DESIRED OUTCOME | SHIFT (NEW ACTIONS) |
| :---: | :---: | :---: | :---: |
|  |  |  |  |
| MOOD |  |  |  |
| What is your mood when you are in this room? |  |  |  |
| DOING |  |  |  |
| What are you doing when in this room? |  |  |  |
| THINKING |  |  |  |
| What are you thinking when in this room? |  |  |  |
| FEELING |  |  |  |
| What are you feeling when in this room? |  |  |  |
|  |  |  |  |
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