

# GUIDING WORD

## for Your Home

To choose a guiding word for your home answer the following questions, then complete the brainstorming exercise to find your word. I recommend doing this exercise at least once a year.

When I'm at my best, my home is...

What do you admire most in other people's homes?

What activities and roles does your home need to support?

List three strengths of your home  
—three ways your home supports you now.

- 1.
  
- 2.
  
- 3.

List three opportunities for improvement in  
your home—how could it better support you?

- 1.
  
- 2.
  
- 3.

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What are your core values? How are those expressed in your home?

What's the culture in your home—the way you do things?

What does your ideal day at home look like? What are you doing? Who are you with? How do you feel?

Now review your answers to the previous questions and brainstorm a list of guiding words for your home. Your ideal word will be one that honors the strengths of your home, but also inspires you to strive for improvements. Circle your favorite word.

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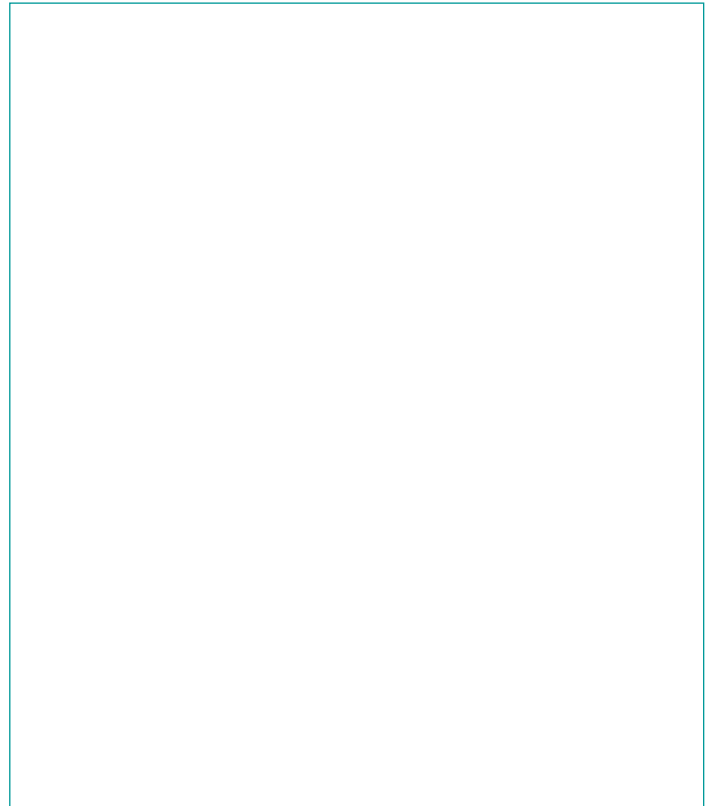
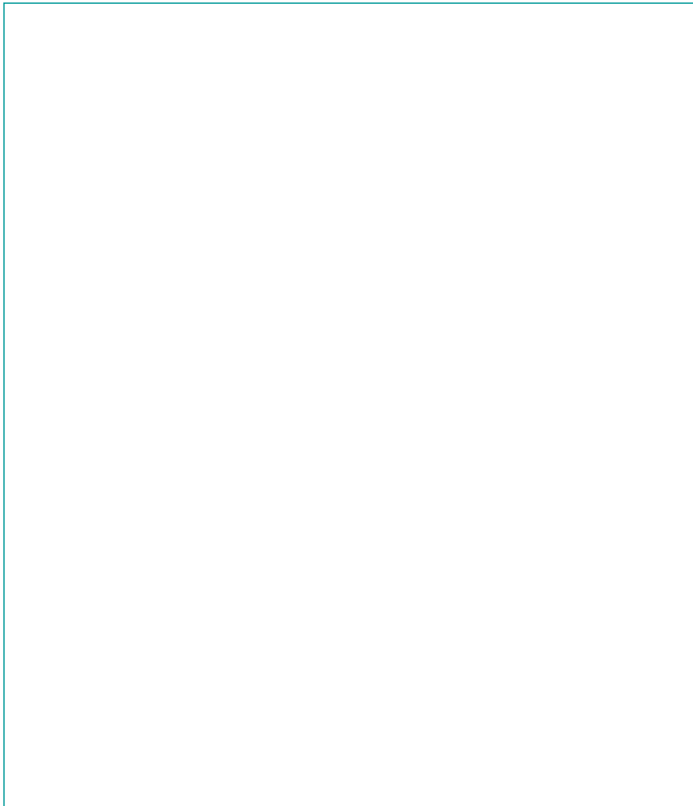
My *Guiding Word for My Home* in 2018 is...



I will focus on this word in my home by...

*doing more...*

*doing less...*



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**EXTRA CREDIT:** Fill this page with quotes and sayings related to your chosen word. You can look up quotes online by typing "[your word] quote" into the search bar. Try synonyms for your word too.

Reflect on these quotes throughout the year. Display a favorite one in your home. Put them on your calendar, in your journal, or turn them into a screensaver.

