

What Makes **My House a Home**

..... Ordinary & *Happy*

The first thing I see when I walk through the door that brings me inner calm.

Sounds in my home that comfort me.

Visible mementos or sentimental items and their stories.

The part of my home I feel most relaxed in and why.

What parts of my home reflect my personality.

Routines in my home that ground me.

My favorite time of day in my home and why.

Practical items I have that make my life easier.

Who or what in my home makes me feel full of life.

The most comfortable pieces of furniture in my home.

Soft and comforting textures in my home.

Scents in my home that comfort me.

How my home is cozy for the fall and winter.

Fond, vivid memories I have from living here.

A room or area I could make changes to so it can become more like 'me'.