



Inner 369

CREATING A NEW HOME

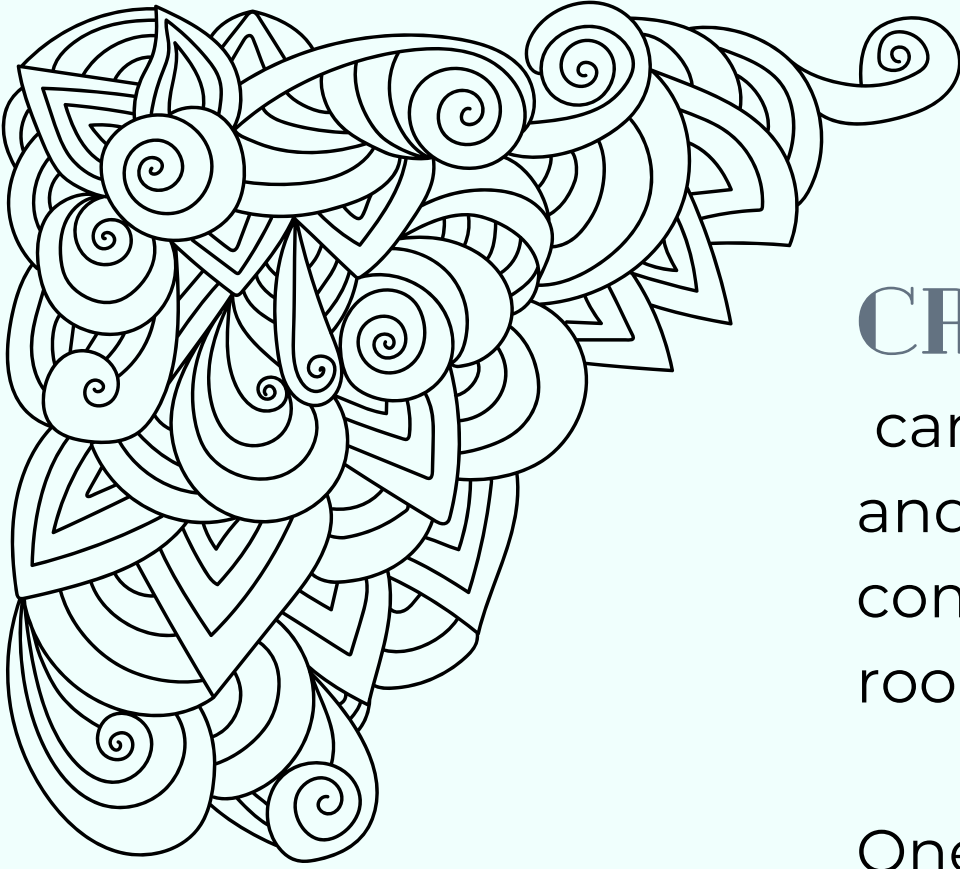
ENVIRONMENT



# STARTING POINT



Creating a positive home environment is crucial for the well-being and happiness of everyone living there. The first step in achieving this is to establish a starting point. This can be as simple as setting the intention to create a warm and welcoming atmosphere or identifying the key areas that need improvement. Some effective ways to start include decluttering and organizing, adding plants and natural light, and incorporating meaningful decor and personal touches. Additionally, communication and respect are essential for fostering positive relationships among family members. By starting with small changes and building upon them, you can create a home environment that promotes positivity, comfort, and joy for all.



## CREATING A NEW POSITIVE HOME LIFE

can be a daunting task, but it's important to remember that it's never too late to build a happy and healthy environment. Start by identifying the areas that need improvement, whether it's communication, cleanliness, or organization. Then, work together with your family or roommates to establish new routines and habits that will foster positivity and productivity.

One key element of a positive home life is open communication. Make sure that everyone feels comfortable expressing their thoughts and feelings, and encourage active listening. This can help to reduce tension and promote understanding.

Another important factor is maintaining a clean and organized living space. This can help to reduce stress and anxiety, and make it easier to focus on the things that matter most. Consider establishing a cleaning schedule or delegating tasks to ensure that everyone is pitching in.

Finally, make time for fun and relaxation. Whether it's game night, movie night, or just spending time together, make sure to carve out some time to enjoy each other's company and recharge your batteries.

By taking these steps, you can create a new positive home life that will benefit everyone involved. Remember, it's never too late to make a change for the better.



**START TODAY**

**365**

**DAYS IN A YEAR TO  
CHANGE YOUR LIFE!**



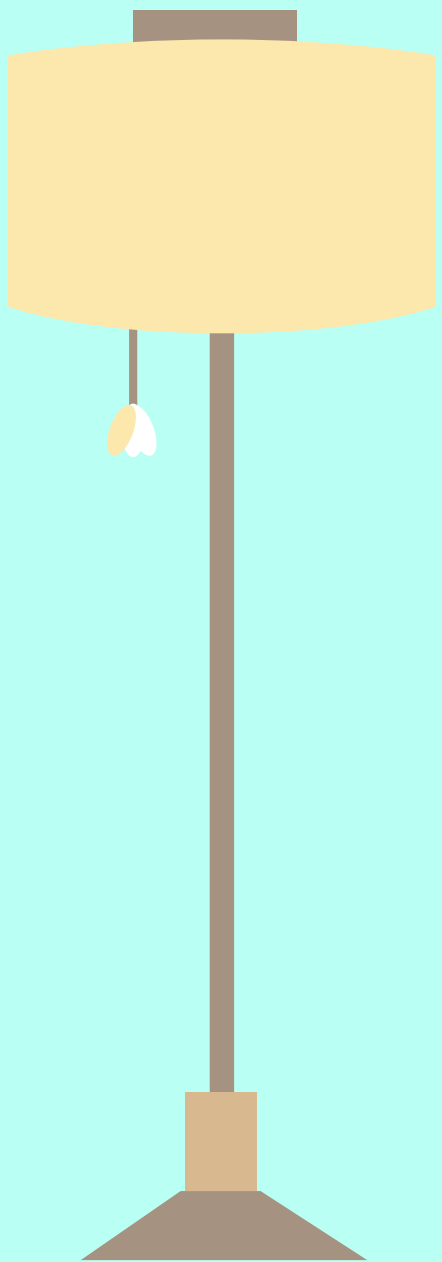
# Simple space steps

## Making your home a more positive and uplifting space

doesn't have to be complicated. In fact, it can be quite simple. Here are a few tips to get you started:

1. **Let in natural light:** Natural light has a way of instantly brightening up any space and boosting your mood. So, open up your blinds and curtains and let the sunshine in!
2. **Get rid of clutter:** A cluttered and messy home can make you feel stressed and overwhelmed. Take the time to declutter and organize your space. You'll be amazed at how much more relaxed you feel.
3. **Add some greenery:** Houseplants not only add a decorative touch to your home, but they also have been shown to improve air quality and reduce stress.
4. **Surround yourself with positivity:** Hang up some inspirational quotes or surround yourself with items that have special meaning to you. This can help create a more positive and uplifting atmosphere.

By implementing these simple changes, you can transform your home into a more positive and welcoming space.





Creativity is intelligence having fun.

ALBERT EINSTEIN

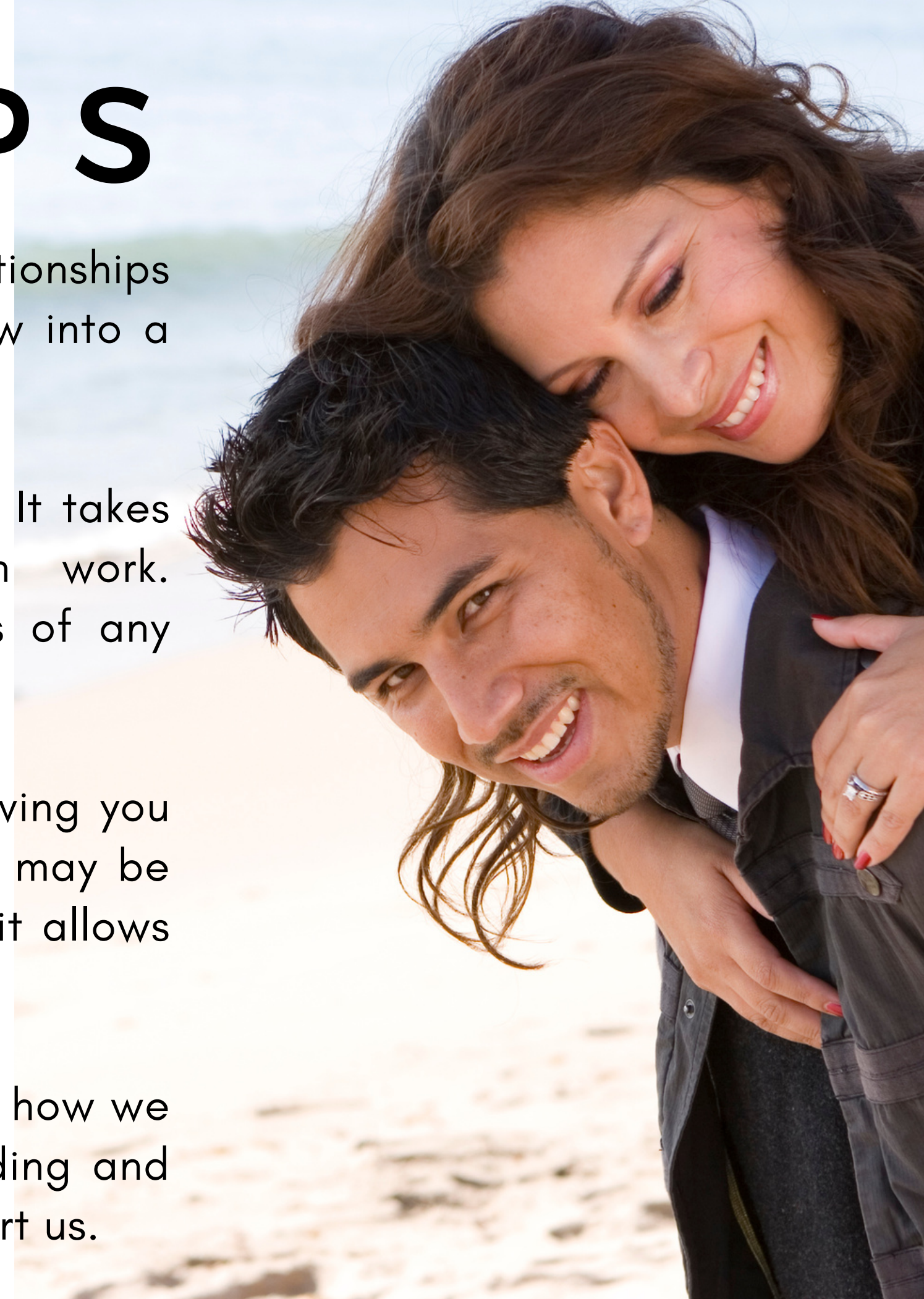
# RELATIONSHIPS

The most important part of your life are the people in your life. Relationships are often valued and mis-valued for many reasons. Some can grow into a healthy lifelong endeavor, while others fizzle and become painful.

It's important to remember that relationships are a two-way street. It takes effort and commitment from both parties to make them work. Communication, trust, and respect are also essential components of any healthy relationship.

It's also important to recognize when a relationship may not be serving you well. Sometimes, it's necessary to let go of toxic relationships that may be causing more harm than good. This can be difficult, but ultimately it allows for growth and the opportunity to find more fulfilling connections.

At the end of the day, the people in our lives shape who we are and how we experience the world. It's worth investing time and effort into building and maintaining meaningful relationships with those who uplift and support us.

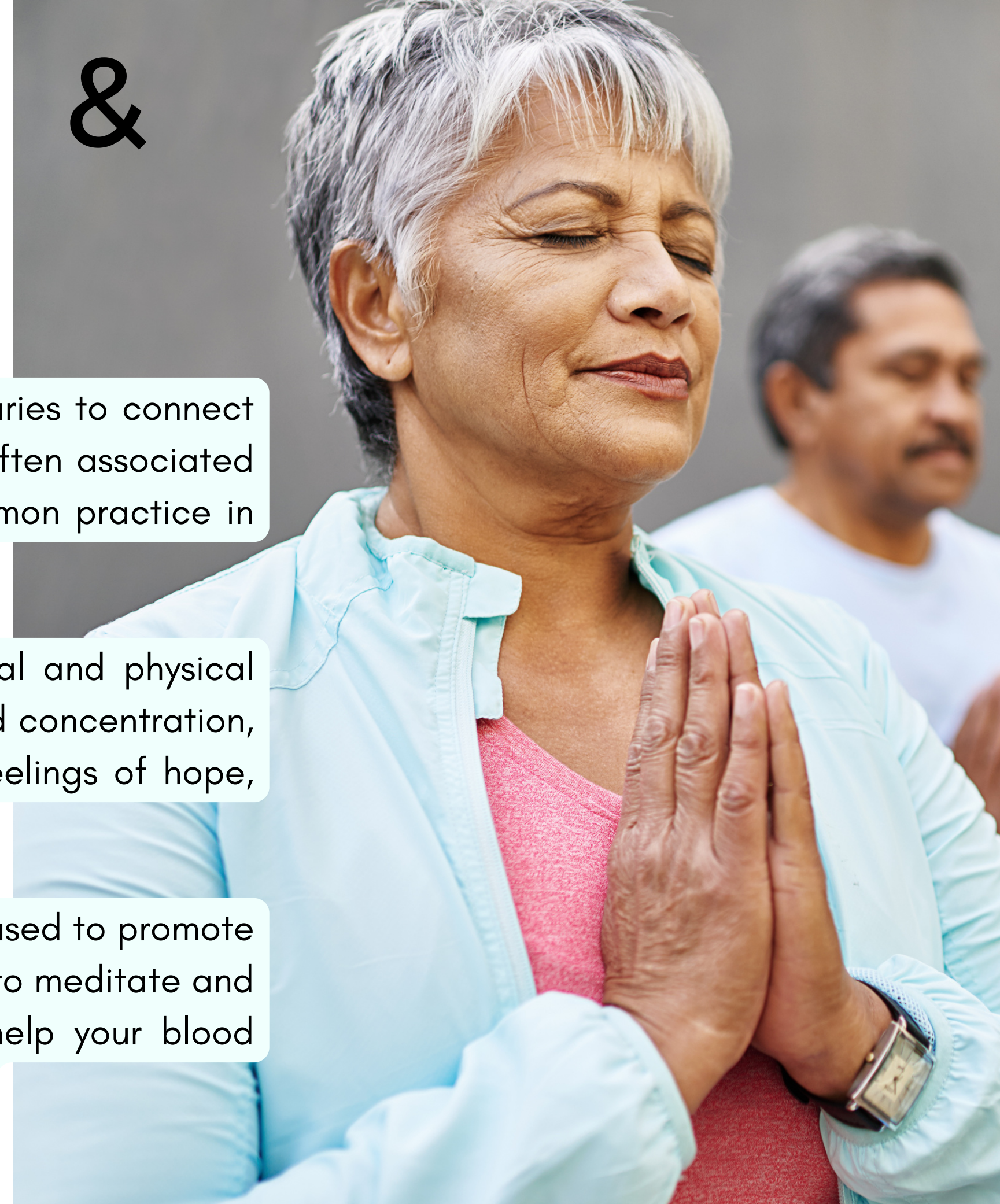


# MEDITATION & PRAYER

Meditation and prayer are two practices that have been used for centuries to connect with a higher power or to simply clear one's mind. While meditation is often associated with Eastern religions such as Buddhism and Hinduism, prayer is a common practice in Abrahamic religions such as Christianity, Islam, and Judaism.

Both practices have been shown to have numerous benefits for mental and physical health. Meditation can help reduce stress and anxiety, improve focus and concentration, and even lower blood pressure. Prayer has been linked to increased feelings of hope, peace, and gratitude.

In addition to the individual benefits, meditation and prayer can also be used to promote peace and harmony in the world. There is much to say about taking time to meditate and pray. Whether you need to be in a calm state, relinquish stress, or help your blood pressure lower, there are many great benefits to meditating and prayer. Both are powerful tools that you can use in your life!





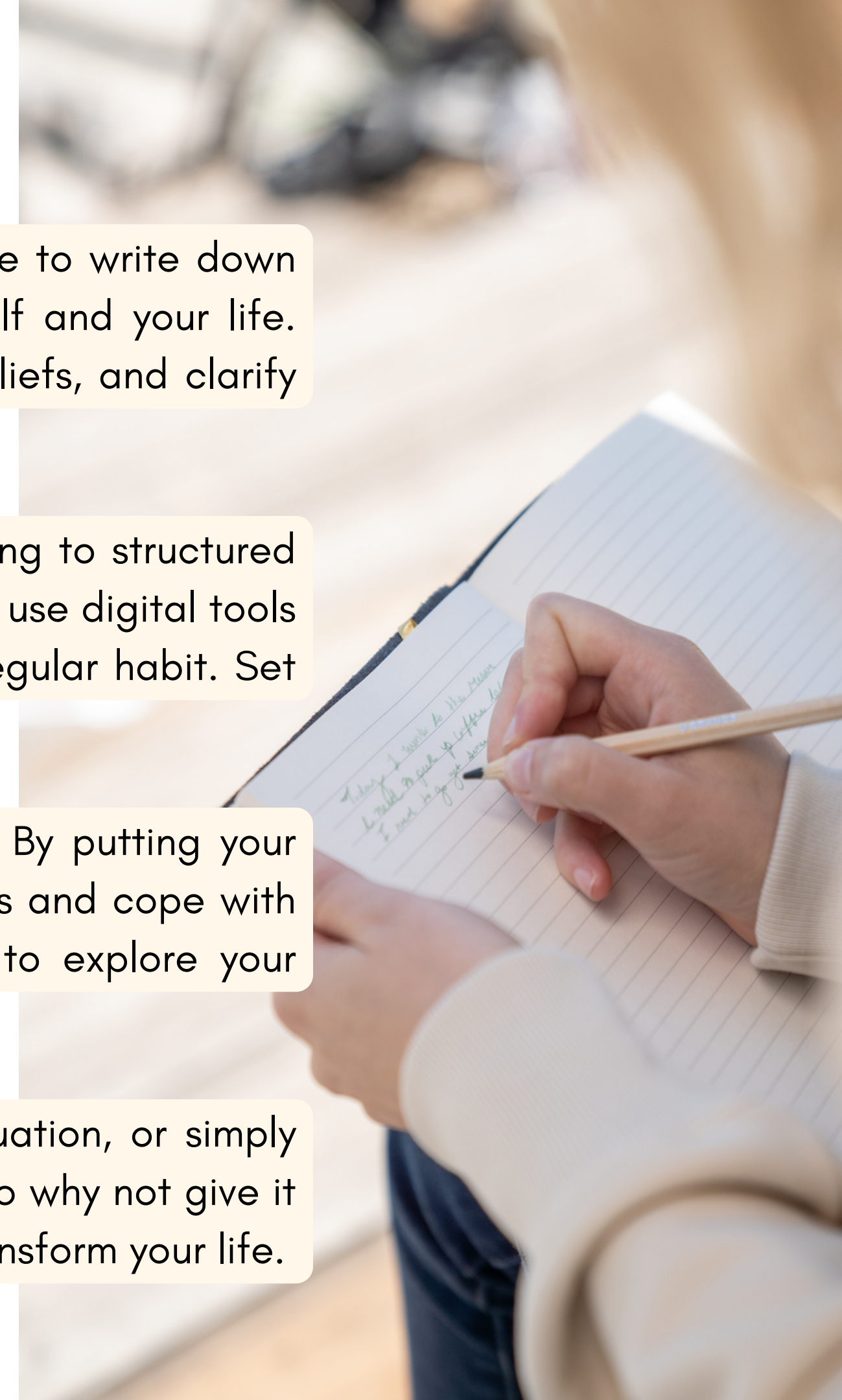
# JOURNALING

Journaling is a powerful tool for self-reflection and personal growth. By taking the time to write down your thoughts, feelings, and experiences, you gain a deeper understanding of yourself and your life. Journaling can help you identify patterns in your behavior, uncover your values and beliefs, and clarify your goals and aspirations.

There are many different approaches to journaling, from stream-of-consciousness writing to structured prompts and exercises. Some people prefer to write in a physical notebook, while others use digital tools like apps or websites. Whatever method you choose, the key is to make journaling a regular habit. Set aside a few minutes each day to reflect on your experiences and record your thoughts.

One of the benefits of journaling is that it can help you manage stress and anxiety. By putting your thoughts and feelings down on paper, you may find that you are better able to process and cope with difficult emotions. Additionally, journaling can be a creative outlet that allows you to explore your imagination and express yourself freely.

Whether you are looking to improve your mental health, gain clarity on a difficult situation, or simply document your life, journaling is a powerful tool that can help you achieve your goals. So why not give it a try? Set aside some time each day to reflect and write, and see how journaling can transform your life.



# FURNISHINGS

Furnishings are a huge part of your home. They make you feel accomplished, happy, and tell a story. Many times refreshing these furnishings can bring a new sense of completion to a life story that has been told for years.

Many people do not change the furnishings in their home due to budget, memories, and decor'. This is common because many times we do not like change and that change is sometimes necessary for our happiness.

**Here are some ideas for changing your home furnishings:**

**Artwork** - plays a huge role as you look at your walls everyday. Art and mirrors bring glimpses of your current state and what you like about your life.

**Decor' Objects** - Candles, Knitted Balls, Vases, Boxes, Coasters, Baskets, Flower Arrangements, and other objects add warm touches to your home.


**Furniture** - Furniture such as chairs, love seats, center tables, and end tables can create a distinction between rooms and add comfort. Changing these can allow a more comfortable environment to enjoy guests as well.

There is no limit on what to change in your environment to make it happy!



# The End Goal

The end goal of this guide is to help you realize that your home environment is your sanctuary. You have already made memories, set goals, and aspired dreams in each room. With these come positive and negative outcomes. The goal is to keep your living space free of negativity.



**Remember** that your living space is your sanctuary for growth, self care, and happiness.

**Renew** relationships and find things to fill your time that bring enlightenment to your home.

**Refresh** each room with new objects and decor' to bring positivity and a refreshing of your soul.

**You can do this!**

