

Design Intention

Journal Prompts

*create with purpose, design
with clarity*



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Welcome

Designing your space isn't just about making it look good. It's about creating an environment that reflects your soul, supports your daily rituals, and brings you a sense of calm and clarity. This journal mini-workbook is here to help you begin that process with intention.

Take your time with each prompt. Let your answers guide you toward a deeper understanding of what you really want and need from your home. There are no right or wrong responses—only what feels true for you.

Journal Prompts

1. How do I want this space to feel?

Think about the energy and emotion you want this space to hold.

- What words come to mind?
- Do you want it to feel calm, creative, luxurious, grounded, joyful?
- What feeling do you want to have every time you walk in?

Write your thoughts here:

2. How do I want this space to feel? What's important to me in this space?

Reflect on your lifestyle, values, and priorities.

- Is functionality or beauty more important to you?
- Do you cook often? Need storage? Love natural light?
- Is this space about entertaining, family connection, alone time?

Write your thoughts here:

3. What does *my* version of a dream space look like?

Visualise it.

- What materials and colours feel good to you?
- What styles am I naturally drawn to?
- Are there any photos, objects or memories that spark inspiration?

Write your thoughts here:

4. What limitations or challenges do I want to honour?

Be honest about your constraints.

- What is my budget?
- Am I renting or renovating?
- What limitations do I need to work with, not against?

Write your thoughts here:

5. How do I want to feel during this process?

This matters too.

- Do I want this to feel fun, empowering, creative, spacious?
- How can I be kinder to myself as I go?
- What can I let go of (perfectionism, pressure, doubt)?

Write your thoughts here:

6. What would it look like to design from intuition instead of influence?

Let this one be expansive.

- If I wasn't trying to please anyone, what would I create?
- Where am I being led by inspiration instead of trends?
- What is uniquely me?

Write your thoughts here:

Affirmation

"My home is a reflection of my spirit—intentional, evolving, and true to me."

Say it aloud. Write it down. Come back to it anytime you feel stuck or unsure.

Closing Reflection

"You've just taken a powerful step toward intentional design. These journal pages aren't just a starting point—they're a foundation. Revisit your words often. Let them guide your choices when overwhelm or indecision creeps in. Your vision is valid. Your creativity is worthy. You're the one who gets to define beauty, function, and meaning in your space.

✨ You're ready to begin.

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"Empowering you to create a kitchen that feels like you.

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