



DINING ROOM

Sit quietly in your dining room to do this exercise...5-10 minutes.
Don't think too hard about the answers, let them flow!

What I like about the dining room is:

The problem with the dining room is:

This is how I feel when I am in (or even think about) the dining room:

This is how I want to feel:

What is one action I could take right now to create the space I want?