

# Let's Get Started!

Ask yourself these questions to help you VISUALIZE and nurture the lifestyle you want to lead. This practise is inspired by Marie Kondo's Fundamentals of Tidying.

## Visualize Your Goals

1. What is your main goal for doing this exercise?
2. Why is this goal important to you now?
3. What strengths do you already possess that can support you in achieving your goals?
4. Write down three words that describe your ideal living space. Is there a theme?
5. What are the predominant colors, shapes and textures?
6. What is the light like?
7. How do you want to feel after tidying?
8. What does the beginning and end of your day look like?
9. How do you spend your days?
10. Who is in your life?
11. What activities and hobbies do you participate in?
12. What do you see, hear, feel, smell and taste each day?