

WORKSHEET:

SHAPING YOUR HOME ENVIRONMENT



On a scale from 1-10, how satisfied are you with your space?



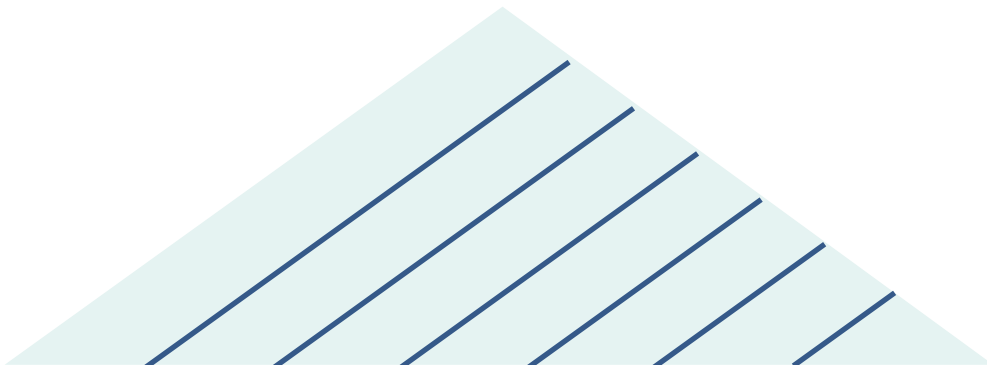
What do you want to feel when you're in your space? What might you want to change about the space to help create those feelings?

Thinking about your space, what do you already love about it? Write your answers to the prompts below in the heart shapes.

- a. Something that makes you feel happy.
- b. Something that makes you feel cozy.
- c. Something that makes you feel safe.
- d. Something that makes you feel connected.
- e. Something that makes you feel like you.

What do you feel like your space is missing? This can be an item, an overall aesthetic, a feeling, or another factor. Write your answers in the roof of the house.

What are one or two things you can do right away to bring more of what you want into your space? Write your answers in the moving boxes.



a.

b.

c.

d.

e.



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Mental Health Association Oklahoma is a partner agency of the Tulsa Area United Way and the United Way of Central Oklahoma.