

Elements of Home Vision Meditation & Activity

The “Elements of Home” vision meditation activity below is the first drop of oil on your vision flywheel. Like distilling values down to your top three, this meditation activity exposes the top three elements you need to call a place your home. On my website www.HomeCoachHoff.com, you will find the audio activity called “Elements of Home Vision Meditation.”

Put on your sensible shoes and take the short walk to the space you now proudly call home. The decluttering work has been completed. The messes and madness are managed. The excess is gone. Seeing your beautiful front door, you feel a spontaneous smile light up your face. Lovingly, you grasp the handle and take your first step inside your sacred space. Welcome home. Describe what you want to see. This is your time to have everything you want, need, and desire for your home. Be as bold, brazen, and wild as you want.

The Elements of Home Vision Meditation Activity

WHAT: After listening to the “Elements of Home Vision Meditation” you will be able to boldly and clearly describe your beautiful and functional clutter-free living space.

WHY: Use your top three elements of home as a filter when you make decluttering decisions to create this loved space.

HOW: Access the Elements of Home Vision Meditation online and complete the corresponding activity.

TOOLS: Computer, tablet, or phone to access Elements of Home Vision Meditation audio file on www.HomeCoachHoff.com. Notebook and writing utensil, tablet, or computer to write down answers.

TASKS:

- Listen to the Elements of Home Vision Meditation audio file on www.HomeCoachHoff.com.
- Complete Steps 1–4 in the Elements of Home Vision Meditation Activity to ultimately select your top three Elements of Home.

TIME: Thirty minutes.

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STEP 1: Circle the *elements of home below* present in your vision meditation.

Acreage	Floral	Plants
Adventurous	Fun	Privacy/Solitude
Alive	Glamorous	Quiet
Aloneness/Autonomy	Happy	Risk-taking
Antiques	Honest	Romance/Magic
Approachable	Humorous/Playful	Safe
Artistic	Intimate	Secure
Balanced	Inviting	Self-expression
Beautiful things	Joyful	Sensual
Bold	A living legacy	Sleek
Bright	Luxurious	Simple
Clarity of purpose	Matching	Soft
Clean	Multipurpose	Spicy
Coastal	Natural elements	Spiritual
Colorful	Neighbors/Neighborly	Sunny
Comfortable	Neutrals	Surprising/Unexpected
Cozy	Open	Symmetrical
Creative	Orderly	Textures
Cultural elements	Organized	Tranquil
Current/On trend	Outdoor space	Vibrant
Eclectic	Panoramic views	Vintage
Energetic	Partnership	Vitality
Entertainment-ready	Patterns	Water elements
Exciting	Pet friendly	Other?

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STEP 2: Practice discernment by honing in on the top three “elements of home” that are so important to you that without them, home would feel lifeless and incomplete. Star them, then write your three essential elements of home below:

1. _____

2. _____

3. _____

Don't forget your top three personal values inventory. Write them down here. Together, values and vision are a bigger, more powerful magnifying glass to more easily spot keepers and let go of excess.

Review and write your top three values from chapter three or your Perfect Day Meditation.

1. _____

2. _____

3. _____

How are these two life-giving components of your personal values and your elements of home similar?

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STEP 3: Write a mantra using these six words. For example, my values are freedom, adventure, and family. My three elements of home are balanced, private, and tranquil.

My mantra is: In my balanced, private, and tranquil home, I live my fullest life with freedom, adventure, and family. Write your mantra below:

STEP 4: List three items (an accessory, view, wall art, rug, knickknack, book, etc.) you currently have that represent either an element of home or a personal value. Explain why.

For example: The window (thing/view) faces a creek. This view makes me feel tranquil (element of home). The photo (thing) of my family (value) in Norway reminds me of our incredible adventure (value).

1. _____

Why? _____

2. _____

Why? _____

3. _____

Why? _____

Vision clarity will expeditiously identify keepers, including items to be rearranged and eliminated. The strength of your vision will loosen your grip on excess. If an item isn't included, it can more easily leave the building.