

Image and Your Home
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Image and Your Home

Do you come home and feel embraced by your environment?

Does your home entice you to relax, take comfort and feel a sense of harmony?

Image isn't just about your suit, your posture or your lipstick. Image is about setting yourself up for success and that includes creating a harmonious space in which to rejuvenate yourself.

The change begins with your perception of Image.

To reach your potential best, you must begin within.

Use the IMAGE technique for Your Home:

Here's How...

Inspire Yourself

Mental Downtime

Attitude is Everything

Get Rid of STUFF

Expect Time to Rejuvenate

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Inspire Yourself

Three Key Points

- 1. Your home affects your mood**
- 2. Your home affects your ability to recoup**
- 3. Your home should honor your life-style**

- △ Your home is your self expression to you**
- △ What, in your home, inspires you?**
- △ First impressions, FOR YOU, do matter**
- △ Do you have one room that rejuvenates you?**

Is your home a place that you can't wait to arrive after a long day of work?

If not, why not?

Mental Downtime

Three Key Points

- 1. You need blank spaces**
- 2. Your home needs to offer you a place of balance**
- 3. Your home affects your creativity and productivity**

- △ Your home should enhance your mental acuteness**
- △ Your Home should be a mood-lifter**
- △ Your Home should inspire creativity**
- △ Your Home should help you clear your mind**

Do you have a blank space within your Home?

If not, why not?

Attitude is Everything

Three Key Points

1. **Your home should have an overall FEEL**
2. **Your rooms should flow together**
3. **Your home should be an expression of your personal attitude**

- △ **What does your home say to you?**
- △ **What does your home say to others?**
- △ **What do you want your home to say?**
- △ **How is your home a reflection of you?**

Get Rid of STUFF

Three Key Points

1. **Clutter isn't pretty**
2. **Clutter holds you back**
3. **Clutter confuses your vision**

- △ **Store and rotate**
- △ **Tidy one area or one drawer**
- △ **Toss out what you no longer need**
- △ **Box it until you use it**

Can you see the finish work or only the clutter?

Expect Time to Rejuvenate

Three Key Points

- 1. You are what you envision**
- 2. Down time prepares you for success**
- 3. Keep your home up to date**

- △ Enjoy your home**
- △ Invite your friends**
- △ If you could change anything in your home, it would be...**
- △ Use down time to relax**

Image isn't just an attitude, it's a way of life

The most successful people learned to take time away from work, to go into nature or their homes and rejuvenate and reflect. We all need a safe place. We each have the ability to create a place that is in balance with our lives.

Are you walking the walk of balance?

It begins with your image. It can begin in your home.