

# A Home You Love

Using the Psychology of Interior Design to  
Infuse Your Home with Peace and Gratitude

## Session Three Activity Book



  
**Interweave**  
Designing for The Love of Life!

[Interweavepeopleplace.com](http://Interweavepeopleplace.com)

# SESSION THREE

## SPARKING GRATITUDE

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### RECAP AND ACTIVITY SHEET



#### Reflections:

#### SESSION RECAP

~More gratitude can

- Engage higher brain waves
- Encourage a higher-functioning hypothalamus
  - Part of brain in charge of
    - Managing Stress
    - Metabolism function
    - Sleep
- Consider the below to increase gratitude in your home design:
  - Celebrate accomplishments
  - Remove what no longer brings joy
  - Reflect your true you
  - Evoke fond memories

#### Now You Design!

Now that you're in a place of appreciation of the beauty that already exists in your space let's design!

1. Take a journey through how you experience coming home
2. What area do you see first? Second? Third?
3. Using that journey timeline, select the first or second area that you see when you first arrive home.
  - (Choose different area than used in session 2)
  - 3\_a) Remove all items from that area
  - 3\_b) Be intentional about bringing back only a few items that truly spark gratitude –be honest with yourself (find items from other parts of your home to put here if desired)
  - 3\_c) Identify a spot for the “junk” to gather somewhere else! (ideally out of easy sight not at entrance)
  - 3\_d) Throughout the week, reflect on how you feel when you see your newly designed area
- Great work!

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### RECAP AND ACTIVITY SHEET



#### SESSION RECAP

~Objects impact emotions

~Our body can engage in stress response every time we see something that evokes fear or an unpleasant mindset

- Amygdala can engage
- Fight or Flight Response can trigger
- Blood pressure can rise
- Heart Rate can increase
- Muscles can tighten
- Bloodflow can shift from internal organs to muscles which can minimize removal of toxins
- Can take a few minutes to nearly four hours for us to return fully to a resting non-stressed state

#### Notes and Ponders:



#### Now You Design!

1. Gather something to write with (ideally a pen and your favorite journal) and find a quiet comfortable place where you won't be interrupted or distracted.
2. List 4-5 things/items/experiences in your home that you appreciate
3. **Celebrate the beauty you already have in your life**
  - Don't worry-lots of marketing is geared to making us feel the need to buy more items
4. With your state of appreciation, continue to the next page for your design activity.

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SPARKING GRATITUDE

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WAY TO GO!

**Reflections:**

**Congratulations!**

You've completed Session Three of A Home You Love!

We Can't Wait to see you in Session Four: A Place of Your Own

