

cheat sheet - bedroom assessment

take 15 - 30 minutes to assess your bedroom

define and execute „feel good“ changes

what makes me feel good

see	feel	hear / smell
color of wall	touch of blanket	smell of washed blanket
beautiful picture		

what makes me feel bad

see	feel	hear / smell
position of bed in room	mattress not hard enough	sound of alarm clock

things I will change

- position bed new on opposite site of bedroom
- replace alarm clock with light triggered alarm clock with nicer sound
- get consulted on mattress and buy a new one

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what makes me feel good

see

feel

hear / smell

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

what makes me feel bad

see

feel

hear / smell

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

things I will change

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