

# MY HOME IS *my Charging Station*



My **bedroom** is my top priority. It is device-free, tidy and cosy. What I see and feel just before I fall asleep and first thing in the morning matters.



My **hallway** is tidy and welcoming. When I enter, I feel calm by what I see and I am happy to be home.



My **dining table** is clear of clutter and device-free at mealtimes so that I can enjoy my food and/or company.



My **kitchen** is filled with food that nourishes my body and mind. I only have ingredients for meals I actually love and prepare.



My **bathroom** is relaxing and rejuvenating, with just enough good quality products to feel refreshed and beautiful.



My **wardrobe** is curated and has only clothes that I love, that fit me, make me feel great, and are in line with my current lifestyle.



My **desk** is clear of distractions, I am able to focus and single-task. Anything I don't need for the task at hand is out of sight, but within reach.



I have a space in my home that is **just mine** and dedicated to my self-care, hobbies or personal growth.



My **home** is not perfect, nor will it ever be, but it gives me energy to live and love my life.

