

Room Worksheet

Your feelings got you into this mess. Use your feelings to get you out.

Room _____

What is this room currently used for _____

What do you want this room to be used for _____

How does this room make you feel right now _____

How do you want to feel when you walk in this room _____

What is not working in this room? Take a look at what's lying around all over the room and that should give you a clear idea:

Problem One _____

Ideas on how to fix this:

Problem Two _____

Ideas on how to fix this:

What is one thing I can do right now to improve this room _____