

# JUMP START QUESTIONS

The first part of any Feng Shui consultation is **ASSESSMENT**. That's it. Pure and simple. Your home is a mirror reflection of what it going on in your life; to start making any changes, it's important to take note of what you see in that mirror. Even without knowing a single formal principle you can naturally begin to incorporate good Feng Shui into your environment. Doing so will activate more harmony and success in your home and life.

Start by pondering the answers to the following questions. Even if you're already Feng Shui friendly, every once in a while it's good to "check-in" and see how things are flowing. It may all seem simple and basic, but this is really where it all starts and is the key to achieving Feng Shui success.

- #1** Think back. What was going on in your life when you first moved into your current home (apartment, office, etc.)? Where was your career, how were your relationships, what about finances, how was your family, were things going really well for you or were you struggling in some aspect of your life, did you travel a lot., etc., etc.? *TIP: Many times in Feng Shui we tend to select homes that reflect what is currently going on in our lives.*
- #2** Now, think back about **ALL** the different homes and/or apartments you have lived in **BEFORE** your present home; what were some of the major events in your life that went on there? *TIP: Every house you live in has natural Feng Shui elements that pre-exist within its structure and location. Beginning to see the relationship between your homes and life over the years is key.*
- #3** What area of your home do you spend the **most** time in? How about the **least** amount of time? (Go look at each of those rooms; take notes – look at the colors the room is made up of, types of furniture, symbolic items and artwork, textures, etc.) *TIP: 9 times out of 10, there tends to be a significant difference in décor between the rooms you spend the most and least amount of time in, sometimes intentionally, sometimes just by happenstance.*
- #4** What words or phrases would you use to describe the overall artwork and décor in your home? (bright, cozy, cheerful, neat?; dark, messy, cluttered? (Then narrow that down to individual rooms - bedrooms, living room, your office, etc.) *TIP: It's like putting on a different outfit of clothing to reflect your mood for the day, however you can't just toss your house in the washing machine, it stays around for while and you and your mood become one.*
- #5** Where do you have the most amount of clutter in your home – what room? *TIP: Clutter weighs us down in life, so a good spring cleaning anytime of the year can help get a lot of energy moving forward.*
- #6** Where is your clutter hiding? Drawers, closets, rooms, places you don't let anyone see? *TIP: Clutter is an outward picture of inward chaos of some kind. It may reflect an area of life you do not want to deal with.*
- #7** When you first walk through the front door to your home, do you feel like: "ahhh, I'm home" **OR** "oy vey, I'm home, I have to do x, y and z tasks before I get to bed tonight?" Take notice of the first physical things you see. *TIP: What you see when you first enter your home is important, it should be inviting and uplifting.*
- #8** What do you wish to change in your life; what are your current issues and/or goals you wish to achieve? *TIP: Having clear intentions is an important part of the journey; write down at least your top 3 for the year.*
- #9** In thinking about all your answers to the above, which area of your home needs some attention? There is no doubt something that immediately comes to mind that you can do to jump-start your Feng Shui endeavors. Trust that initial instinct of whatever you feel needs to be changed and take the first step on your journey.