

TPK FENG SHUI & DESIGN

The Closet Makeover: Day 1 Growthwork

ACTION ITEMS:

Get comfortable with the idea of donating MANY bags to your local thrift store...

- Schedule** an apptmt at your local consignment store--if you plan to go that route
- Schedule** your clothing swap if you're excited to host that kind of party
- Take Before Pictures** of your closet (overall picture + pictures of individual drawers/areas)--this is an important way to **see** all the progress you make!
- Set your intentions** for this 5 Day Closet Challenge (journal below)
- If you are on Facebook, **share** your intentions with our private group.

JOURNALING:

What do you struggle with in relation to your closet and the clothing you wear? (What does your closet look like? Do you love your clothes? How do you feel when you open the closet door?)

Where do you want to be at the end of our 5 days together? Get really clear. What does that look like for you? More importantly, What does that *feel* like?

What fears or attachments arise when you think about purging clothing that does not bring you joy?

AFTER YOU LISTEN TO THE GUIDED VISUALIZATION...

Were you able to feel your joy easily?

What does it feel like inside your body? Where do you feel your joy (gut, heartspace, etc)?