

The 5 Secrets to Designing a Joyful Home

WITH INGRID FETELL LEE

How to use this workbook:

In this interactive workshop, I'll be giving you exercises and questions to reflect on. To help you get the most out of it, we created this workbook for you to capture thoughts, ideas, and key takeaways that come up during the session.

This is your space, so use it however it feels good to you! Take rows of neat notes or let your thoughts flow. Sketch in the margins or list action steps.

But **DO** make sure you use it! Research shows that when we take notes with pen and paper, we're more likely to remember what we learn than if we just listen or type our thoughts.

**So print this workbook, grab a pen in a joyful color,
and let's dive in!**

x Ingrid

Joyful Home Secret One

Secret #1: *(in your own words...)*

Key ideas:

- A joyful home doesn't start with how you want it to _____. It starts with how you want it to _____.
- Ask yourself: What are the most joyful homes I've ever been in?

Try this:

Think of three words for how you want your home to _____.

My Notes:

Joyful Home Secret Two

Secret #2: *(in your own words...)*

Key ideas:

- The problem with having so many readily available sources of inspiration is _____

- To find our true style, we need to _____

- Remember: _____ is the biggest thing standing in the way of our joy.

Try this:

Imagine you have a _____ that no one will ever see. Describe it here!

My Notes:

Joyful Home Secret Three

Secret #3: *(in your own words...)*

Key ideas:

- A joyful home isn't about _____. It's about _____.
- Joy isn't _____. It comes and goes in _____.
- The peak-end rule says that some _____ matter more than others. Specifically, _____

Try this:

What's one _____ that matters to you in your home?

My Notes:

Joyful Home Secret Four

Secret #4: *(in your own words...)*

Key ideas:

- Your _____ shapes your _____.
- Ask yourself: Does my home make it _____ or _____ to live my best life?

Try this:

A simple fix that can help you create more space for joy at home is to change your _____.
What is one that you could emphasize or deemphasize to make it easier to live the life you want to live?

My Notes:

Joyful Home Secret Five

Secret #5: *(in your own words...)*

Key ideas:

- Joy is not _____.
- Aesthetics of joy can help you _____ the changes at home that will make the greatest difference to your life.

Try this:

Choose one of the ten aesthetics of joy that you resonate most to. Think about places that make you feel this feeling.

My Notes:

Ready to go deeper?

Join me for:

**Design a
Joyful Home**

*A New Course,
launching in February*