



Spaces have an impact. Always! Everywhere!

Exploration – Reveal 5-Minute Focus Check

In the next 5 minutes, you'll find out whether your home or workplace strengthens you, holds you back, or unconsciously drains your energy.

Answer the following questions spontaneously.
Don't think. Feel.



Question 1 – Your place of strength

Which room in your home / workplace gives you the greatest sense of calm, energy or clarity?

- ☐ I know immediately which room it is.
- ☐ I'm not sure.
- ☐ Actually, none of them.

What this may reveal:
People intuitively sense which spaces support them.

Question 2 – The space you avoid

Is there a room or area that you tend to use as little as possible?

- ☐ Yes
- ☐ No
- ☐ I've never thought about it

What this may reveal:
Spaces we dislike often reflect issues that need our attention.

Question 3 – Your first view

What is the first thing you see in the morning?

- ☐ Something that inspires me
- ☐ Something neutral
- ☐ Clutter, work or unfinished tasks

What this may reveal:
The first thing we see each day often influences our inner orientation more than we realise.

Question 4 – Development

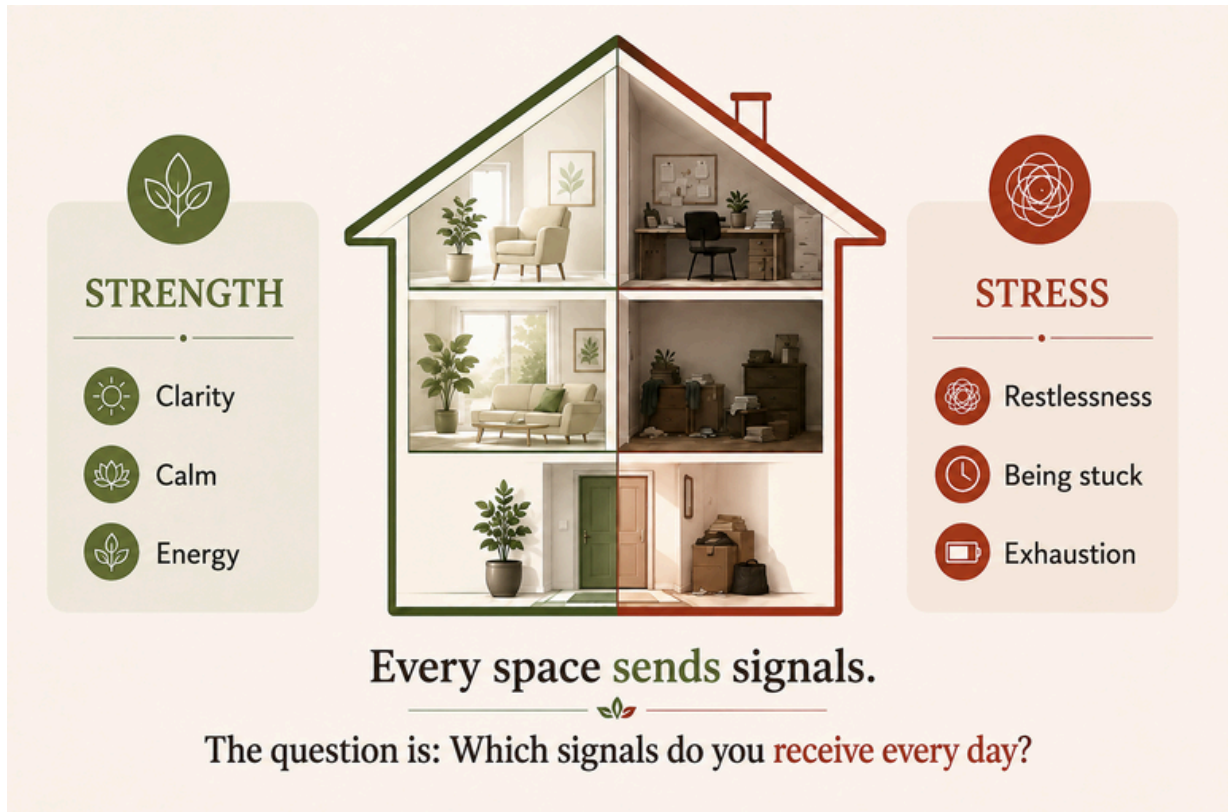
Does your space support you in your development?

- ☐ Yes, definitely
- ☐ Partly
- ☐ I'm not sure
- ☐ Not really

What this may reveal:
Spaces do not only reflect your life today. They often influence the possibilities of tomorrow as well.



Your exploration has begun



Your answers provide the first clues as to how your spaces affect you.

The next step is to understand these clues in context. Would you like to discover what this means for your spaces?

The Initial Consultation brings a personal perspective to your exploration.