



Tips on How to Have a Conversation With Your Home *By: Carole J. Hyder*

1. Find the corner, the chair, or the spot where you feel most happy in your home. Determine one word that describes this feeling. See if you can have that same feeling in other areas of your home.
2. If you were going to name your home, what's the first name that comes to mind? Greet your home with that name for a few days to see if it fits.
3. While thinking about your home, complete the sentence: "I want to thank you for _____." Take note of what your home gives you for which you are grateful.
4. When you first walk into your home, stop for a few seconds to feel how happy your home is to see you.
5. Pretend your home is writing *you* a letter. Complete the sentence: "I want to thank you for _____." Answer the question from your home's perspective.

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