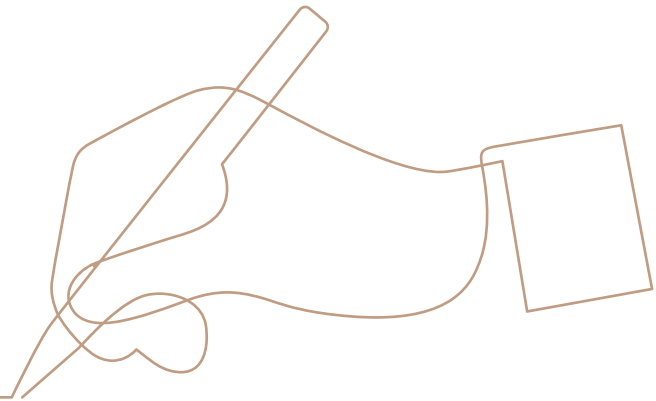


Set up your Life House with LifeSpaces

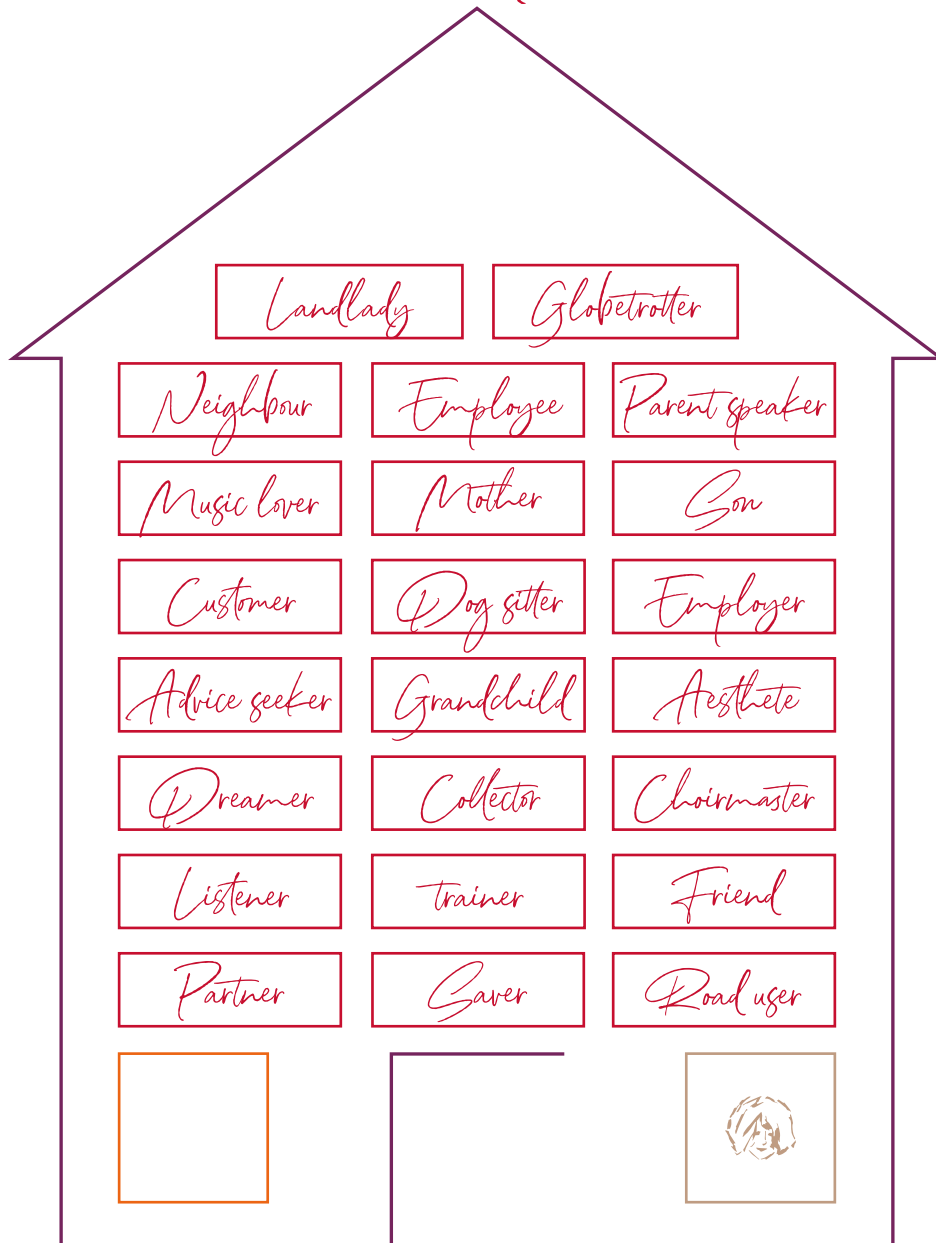
Define your LifeSpaces.



- Recognise the complexity of your different roles and functions that you take for granted in your life every day.
- Write them down.
- Set them aside and look at them again now and then.
- Have you thought about all areas of life?
- Are all the rooms that are important to you already in place?
- What about the hobby that gives you so much joy?

Example

LifeSpaces



Want some interior design tips?
Just ring the bell: concierge@freistil-impulse.de

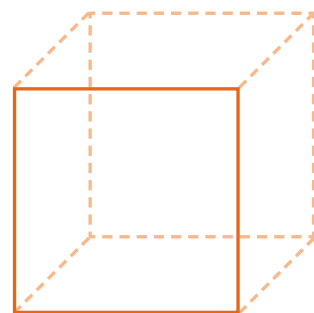
Set up your EmptyRoom

You can write down the exhibits, paint them, choose suitable photographs or turn them into pieces of music. Important thing is that they are visualised in some way and that each exhibit gives you a distinct feeling.

- Think about the order, size and position of the exhibits in the room.
- Are all exhibits the same size?
- Are they black and white or in colour?
- Do they hang in one line or are they arranged on the walls at different heights?
- If they are words, are they all written by hand, with different pens in different colours, or are they computer-printed?
- If they are music, are they all sung? Are there different styles? Is there a sequence here as well?
- If they are photographs, do they only show people or do they include, for example, landscapes or buildings?
- Do you have a distinct feeling about each exhibit?

Looking at your exhibition, what else do you need in this room to make you feel comfortable?

- Will an armchair fit?
- Do you need a small table to put something on?
- What does the light source look like?



The EmptyRoom in your LifeHouse that you have filled will accompany you for the next few months.

Only you know the exhibits. Only you get to look at them. Only you get to decide what you want to say about them and who you want to tell – for example, the concierge.



Need help hanging your exhibits?
Just ring the bell: concierge@freistil-impulse.de

Example

EmptyRoom

