

9 Feng Shui Projects

Working with a Feng Shui consultant and your own floor plans will give you individualized feedback and solutions for your space. However, there are many universal ways that you can shape your environment on your own:

1. Keep only what you really love and need. For 9 days in a row, give away or donate one item per day that you don't really love or need.
2. Give your front entrance a makeover: Take a look at your front entrance with fresh eyes. Is it welcoming and visible? Add a splash of color, decoration, or landscaping/potted plant to make your front door stand out. Fix anything that is broken or worn. Remember: your entrance is others' first impression of you!
3. For 9 days in a row, remove 3 articles of clothing each day that you no longer wear from your closet or dresser. Toss or donate them.
4. For 27 days in a row, remove 1 item from your garage that you no longer need.
5. Sort and clean one desk or file drawer for the next 9 days. Too many extra supplies? Dried up pens? Broken pencils? Misfiled papers? Clear clutter in your workspace and clear your mind.
6. Schedule 30-60 minutes/week for 9 weeks to fix or replace broken items in your home. Call a plumber, handy person, or do-it-yourself with a good (and talented!) friend for support. Enjoy having balance in your space instead of avoiding and being stuck or annoyed by what's broken.
7. Try an experiment: Remove the TV, piles of work, exercise equipment, or bookshelves from your bedroom. Notice your quality of sleep after you clear your sleeping area from distractions.
8. Once a week or once a month, clean out your refrigerator and cupboards so that only fresh food or (canned/boxed/frozen) food that you know you'll use remains. Keep healthy, nourishing energy in your kitchen and "dead" or "expired" energy out.
9. Feeling "drained"? Keep toilet lids down and drains covered or plugged when not in use. Keep energy from "going down the toilet" or "going down the drain".

© Michelle Skally Doilney



Practical Environments
shaping your life

Michelle Skally Doilney RYT
Certified Feng Shui Consultant

www.practicalenvironments.com
michelle@practicalenvironments.com