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INTERIORS



## HOW HAPPY IS YOUR HOME?

Use the following quiz to evaluate how well your home is supporting you and discover what you can change to get happier at home.

As Winston Churchill said:

*"We shape our dwellings and afterwards our dwellings shape us."*  
Let's make sure your home is shaping the very best version of you!

[happystartsathome.com](http://happystartsathome.com)

# HOW HAPPY IS MY HOME?

Answer each question with a rating of 1 to 5, 1 being least like you and 5 being most like you.

1 = Not at all true, never true, or not at all like me

2 = Not as true as I'd like, rarely true

3 = Sometimes true, half the time true

4 = More often than not, frequently like me, generally true

5 = Absolutely true, always like me, or all the time

Tally the results at the end and then read on to discover how to create your most supportive space.

When I walk up to my entry door, I instantly start to feel more relaxed.	1	2	3	4	5
I find it easy to cook healthy meals at home.	1	2	3	4	5
I sleep soundly through the night in my bedroom.	1	2	3	4	5
I never apologize for my home when someone comes over.	1	2	3	4	5
There are no doors I keep closed just to hide the clutter.	1	2	3	4	5
Every room in my home is well used by at least one family member.	1	2	3	4	5
Every family member has at least one room that reflects their personality.	1	2	3	4	5
I never have trouble finding what I need in my home.	1	2	3	4	5
I have plenty of storage space for my belongings.	1	2	3	4	5
Everything is in good repair in my home.	1	2	3	4	5
I have good lighting for all my tasks in every room.	1	2	3	4	5
My home easily accommodates my hobbies and activities.	1	2	3	4	5
There is nothing in my home that makes me feel guilty or sad.	1	2	3	4	5
There is nothing in my home that makes me feel frustrated.	1	2	3	4	5
There is nothing in my home that is nagging at me "to do."	1	2	3	4	5
I feel at home in my home.	1	2	3	4	5
It is easy for me to pick up and clean my home.	1	2	3	4	5
I have a comfortable place for guests.	1	2	3	4	5
My home makes me feel comfortable and at ease.	1	2	3	4	5
My home is a true reflection of me and my values.	1	2	3	4	5

Tally up your score.

TOTAL: \_\_\_\_\_



# WHAT'S IT ALL MEAN?

**0-40 points. Struggling:** Your space actively weighs you down. You may feel frustrated, and you may not feel at home in your house. When you look around you see bad decisions, or your past, or someone else's past. Maybe you feel a sense of failure or maybe the place is just not up to the standards you have set for yourself. You are likely tired of this feeling. You just want to feel calm, peaceful, and proud of your home, but you aren't sure that is possible. You may feel stuck or helpless. Maybe you've set goals to finish a room or get organized, but you're always too busy or too overwhelmed to get very far. You would love a solution, but you just don't know where to start.

**What you need: A shift in energy.** A vision that will encourage you, empower you, and guide you to escape this rut. An understanding that your situation is temporary and changeable. Actionable, small steps that fit into your busy life and create a sense of change and accomplishment. Proof that you are not alone; there is nothing wrong with you; you are not a failure; and you can feel calm, peaceful, and empowered about your home and your life.

**41-75 points. Striving:** Your space has some pluses and some minuses. There is room for improvement, but you are hopeful. Your home feels safe and secure but could feel a bit more welcoming, cozy, and comfortable. You know that you have a good life, but you're never quite relaxed at home. You are ready to fully love your home and have it work for you instead of you working for it.

**What you need:** Clarity around what is working and what can be done to bring you to a more complete place. An action plan to help you finish the "incompletes" in your home and prioritize the projects so you get the biggest impact for your effort. Small but focused steps to make sure your surroundings are working for you and ensuring your success rather than sabotaging all your hard work.

**76-100 points. Succeeding and Supporting:** Congratulations! Your home is helping you succeed. You've done the work to create a space that supports you. You regularly donate items that have outlived their purpose, and you don't hesitate to buy things that will bring an element of joy or functionality to your home, because you sense when your home needs a change.

**What you need:** You're doing great: keep it up! Continue to freshen up your home as your life shifts, since nothing in life is ever static. Your good habits will make it easier to keep an ear out for when your home needs an update.

## WANT TO CHAT ABOUT IT?

**Let's set up your FREE 30 minute Skype coaching call.**

We can start to identify what may be holding you back in your home and come up with practical strategies for making some changes.

**Ask me anything,** from how to deal with your spouse's ugly chair, to when to really empty out the empty nest, to how to deal with all the stuff you just inherited from your mom. **I look forward to chatting with you!**

**Just email your quiz score to [design@rebeccawestinteriors.com](mailto:design@rebeccawestinteriors.com).**

