



Exercise: Home To Me Is . . .

Below are some questions that can help you to identify your sense of place – the meaning of home for you. If you live with a spouse or partner, you may both wish to answer the questions. This is a Microsoft Word document so you can respond right in the document. When you have completed the exercise, you can save it to your documents file.

Past sense of “home”: What positive associations do I have about “home” from my past, prior to where I live now? Where else have I felt “at home”? What was that like and with what and whom do I associate those subtle bonds?

Response:

Present home: What are my favorite spaces in my current home? Where do I curl up to read? Tackle projects? Where do I go when I need sanctuary? Where do I share a cup of tea with a friend? Where have the happy memories been forged?

Response:

Favorite rooms: What do I love about my favorite room in my house? What are my favorite memories based in this room? What different functions has this room served? How do I enjoy spending time there? If I knew I was going to be in this home another 10 or 15 years, what changes would I want to make?

Response:

Eyes of a stranger: Looking around my home as if for the first time, what do I see? What do the grounds tell me about the occupants? What does the exterior façade say about me or us? What

do the pictures on the walls and the decorative items tell me? What pieces of furniture seem to have stories to tell? What do the piles of clutter indicate? What areas of this home make me feel happy? What areas feel uncomfortable?

Response:

Community: What do I like about my neighborhood? How has it served me? Who have been my friends here over the years? How do I define my community? Is it the town I live in, or perhaps the church I attend? Who are the members of “my tribe”? What do I like best about my community?

Response:

Review your responses to the above questions and then complete the following sentence:

Home to me is:

Response:

When you have completed this exercise, share your results and thoughts with your partner or a close friend. By completing the exercise and having conversations about it, you have begun to clarify what home means to you and how you may want to approach adapting your current home or creating your next home. You can explore many options as you search for the solution that best fits your needs, values, lifestyle and purse.