

7 Questions for Your Home Workspace



What one word would currently describe your home workspace?

Challenge: Be truly honest about how you currently feel about your home workspace right NOW. Come back after making improvements to ask yourself again.

What resources do I have?

Challenge: List the resources here.

What resources do I still need?

Challenge: Make a shopping list.

Am I optimizing my resources and schedule?

Challenge: consider how you track your time and what tools you use. Which ones work best for you?

What area needs more work: CLAN, Boundaries, or Cues?

Challenge: change comfort, lighting, ambiance or noise levels, have a meaningful talk with those who share your home, think about cues that would help you transition to certain tasks.

Am I motivated and inspired to do my best work?

Challenge: add something to your workspace that inspires you.

What one improvement do I need to make most?

Challenge: today, make one simple change, then notify Beth (BethBeutler.com/contact) about what you did!