

CREATING A HOME SANCTUARY

Design A Space That Supports Calm, Clarity, And Balance

	YES	NO
1 Have you intentionally created spaces in your home that promote relaxation and mental clarity?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you regularly declutter to remove distractions and reduce visual stress?	<input type="checkbox"/>	<input type="checkbox"/>
3 Have you incorporated natural elements such as plants, sunlight, or fresh air into your living spaces?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you have a quiet area in your home dedicated to rest, meditation, or reflection?	<input type="checkbox"/>	<input type="checkbox"/>
5 Have you minimized noise, interruptions, or overstimulation in key living areas?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you use calming colors, textures, or scents that help you feel grounded and at ease?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you established routines or rituals in your space that support your emotional or physical wellness?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you set boundaries around your home environment to protect your peace and privacy?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you made adjustments to improve air quality, lighting, or ergonomic comfort in your home?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you regularly evaluate and update your space to ensure it continues to meet your evolving wellness needs?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: You Have Created A True Home Sanctuary: Your environment is intentionally designed to support peace, wellness, and personal renewal—reflecting your strong awareness of what you need to thrive.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You've taken steps to create a calming home, but there's room to enhance your space with more intentional wellness-focused improvements.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: A chaotic or uninspiring space may be draining your energy—now is the time to create a home that restores and uplifts you.