



OUR HOLISTIC ROADMAP IN 66 DAYS

WEEK 6

Welcome to week 6 of The FeelGoodX workshop

Let's recap what we focus last week

- We were able to discuss the importance of managing your finances.
- Managing your finances can help you reach your financial goals.
- Money brings a sense of security to yourself and to love ones.
- We were able to point out different money strategies.
- Money planning puts you in control of your life

In this week we will be familiarizing with our physical surroundings like our homes. This is particularly important if a person has lost some physical and mental abilities. A clean and non-toxic homes helps compensate, and being comfortable in our living space reduces stress and helps our well-being.

Just walking in the park or a strolling by the beach will awake your innermost feelings of happiness and peace. Our connection with the environment is one of the important experience. If our environment is positive, it has a positive impact on all areas of our existence. As a result, our lives come into balance and we experience a greater sense of happiness and peace within ourselves and with our surroundings.

Let's have closer look the six element: Home and Environment

Home

The saying says “There’s no place like home.” Or Home is where that heart is.” these expressions indicates that a home is not just structure, or physical location, it’s also a feeling. No matter what place you call home, it is a place we go for safety, it is a place we do the usual chores that necessary for living. It is a place you relax, study, and dream, importantly is the first place we feel loved and cared for. Our home says a lot about who we are and how we foresee the importance of life.

A house is built of wall and beam, a home is built of love and dream.



*Wabi sabi is all about the beauty of
perfectly imperfect.
– Julie Pointer Adams*



Rather than focusing over decorating our homes, we must learn to embrace *Wabi sabi*, the Japanese art of appreciating the beauty in the naturally imperfect world.

Wabi sabi is an ancient aesthetic philosophy rooted in Zen Buddhism, particularly the tea ceremony. It is the art of finding beauty in the imperfect, impermanent, and incomplete. It is also an approach to life is not about giving way to carelessness or seeing a junk pile through rose-colored glasses. It is about appreciating, showcasing and sustaining the beauty of what’s natural.

Wabi sabi is focused on gratitude for what we already have rather than on always yearning from something new and shiny. This powerful shift in perspective helps us to feel more peaceful and content in the current moment, and by doing so, allows us to embrace serenity and tranquillity in our day-to-day lives. We can also apply ancient aesthetic philosophy to ourselves, because *Wabi sabi* offers a useful framework for modern life in general, finding beauty in the imperfect, appreciating nature, and striving for contentment.

Clutter

One of the main activities after adopting Wabi sabi is to clear the clutter. Just like we get caught up in the expectations of others, we can get caught up in material possessions that distract us from our internal needs. We started getting rid of things or even big pieces of furniture that we were holding on to, and instead donated them to someone in need. We cleaned away things in the home that caused anxiety, sadness and got rid of clothes we are not using for a long time. A more organized and simplified space helped us focus on more meaningful and non-material aspects of life, helping our spirits shine brighter.

All we had to do was decide what we wanted to keep and discard what we didn't. To accomplish this, we had to dig deep to figure out what kind of life we wanted to live. It is always up to us to develop the kind of space that reflects our ideal future.

Start the process of tidying, starting with the easiest categories like clothes, books, documents, and miscellaneous items, and ended with our sentimental items. Aimed for simplicity and visual order when organising what you kept. Took time to consider carefully how we felt whenever we used or looked at our belonging in the spaces we had designated for them.

Pollution Inside The Home

- Outside air is probably safer than the air in our home, even if you live in a highly polluted city. Because chemicals from things like kitchen cleaner, air freshener, pesticides, printer ink, paint, and even dish soap make up about half of what is polluting our air.
- Check the 'fine print' first. Now, there are a lot of options for products on the market. Some are 'greener' than others.
- Kitchen and bathroom cleaners can be a huge health hazard. Researchers have found all sorts of side effects.
- It is not realistic to get rid of all our household products. After all, they are a part of modern life. So until they are made in a safer way, we take precautions to protect ourselves from getting some indoor plants.

Decluttering Principles

- Keep the things that you value, makes you feel happy.
- Throw away things that make you feel unhappy, uncomfortable and guilty.
- Commit yourself to tidying up.
- Imagine your ideal lifestyle.
- Ask yourself if it sparks joy.

Julie Pointer Advice On Using Wabi Sabi To Clear The Clutter And Curate The Home Of Your Dreams

Allow the beauty and utility to converge

As you start to memorize your stylish, don't basically hold it for things that you'd name as "home decor," but or maybe, permit your plan taste to expand to useful things such as capacity and cleaning apparatuses as well. By making them similarly as wonderful as your other objects, they'll bring you enjoyment or maybe driving you to think about doing a chore. "This may be a way to think around the things that you just purchase. Ultimately, it implies that you'll truly require less stuff once you have practical things that to serve the reason of being excellent in your domestic and gotten to be décor.

Embrace the Wabi sabi taken for reuse

Instead of bolstering into the cycle of buy-use-repeat, Pointer suggests keeping an eye out for domestic stylistic layout and furniture that will remain with you for a long period of time. Try to purchase things that will last.

Invest in things you really love

According to Pointer, if you wait for the things you truly want, it is worth it.

Clarify Your Intentions



*Out of clutter, find simplicity.
– Albert Einstein*



Take time to reflect and clarify what is important to you: Do you want a quiet time with family and friends or do you love singing or entertaining. Understand and discuss your vision for creating your space. The goal is to create a space that improves our bodies and minds.

Plan how to achieve your goals

Decluttering Principles

- Give away
- Put away
- To repair
- Undecided

Apart from these, we practice few habits for a greener home:

- Conserve water. Water is a precious, natural, valuable resource, and we can help by conserving water.
- Unplug electronics when they are not in use. Twenty-three percent of all the energy that comes into our homes goes into devices that are not turned off. By unplugging those devices, we are going to save a lot of energy and money.
- Cut back on TV time. Not too many people will tell us that watching TV is healthy, and more and more research has begun validating what we already knew.
- Change light bulbs to LED lighting, which is seventy-five percent more efficient and the bulbs last much longer.

Set Time

Decide on how much time you need to complete this task. An hour to two, or a week would be better to start decluttering.

Start date: _____

Expected to complete: _____

Notes:

Distractions

Devote yourself accomplishing, when you succeed in the task at hand, you will be happy and excited to try this again (e.g. Silent your phone). Improve your health by getting organized.

Distractions	Solution
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Gather tools (Comfortable clothes, trash bag)	Notes
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Declutter Calendar

This is, the task is all about making our calendar work for us. We're going to clear the clutter from our schedule so we have more time for the things that are important. What is important to you? Which activities and events can you set aside for a moment?

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

There's A Place For Everything

Efficient and intuitive storage eliminates the stress of having to search through clutter for the thing we need. It allows us to make decisions instead of being stuck searching helplessly for hours. Cluttered environment is hard to dust and clean. Prolonged exposure to dirt and dusty condition can cause health problem such as allergies and chronic bronchitis.

<p>Problem area #1</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>How will I declutter?</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Problem area #2</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>How will I declutter?</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Problem area #3</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>How will I declutter?</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Problem area #4</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>How will I declutter?</p> <hr/> <hr/> <hr/> <hr/> <hr/>

6 Affordable Ways To Make Your Home Safer And Healthier



*Your home environment should be your safe haven.
– Nesochi Okeke-Igbokwe*



A healthy and safer home isn't just for the rich and famous. Taking some easy steps to make your home healthy and greener may actually save you some money. Save money and improve your health is a win-win situation for all. When it comes to improving our health, we always go through our nutrition and working out then we spend less time focusing on how our environment affecting our mind and body. Our home is our security blanket where we spend a lot of time, so it's important we figure out ways to make our home safer and healthier.

Bring out your vacuum and ditch the dust

House dust is bad for our health, It's bad for allergies, because of the nasty microbes it carries, Have you ever been over at a friend's house and you find that everything's covered in dust. It gives the clear indication of not being clean and safe to stay.

Kick nicotine in your house

If you are still smoking, you should stop now. Innocent people including your family are more expose to second hand smoke. And it can trigger health problems like asthma.

Get your home tested

If your home is exposed to hazardous chemical like lead paint your family health is at risk.

Throw away pesticides

This chemical can kill mice, ants a roaches, But, if you're exposing longer your family member, especially the children are exposed to health problems and also if it is hanging around in your home and we must consider it as poisonous substances.

Make sure your tap water is clean

Simply filtering your tap water can remove harmful chemical such as E. coli, pesticides, chlorine and lead.

Wash your hand regularly

Our hands are one of the most active part of our body. We always use it to touch the walls, clean the garbage, which we are more expose to chemical and bacteria like cold and flu.

Feng Shui

Feng shui, literally translated as “wind and water,” is an ancient Chinese art from over 4000 years ago. It has been used to create greater health, wealth, and happiness, and is the practice of arranging the environment so that energy, or chi, flows gently and smoothly through our home or business environment.

In this way, our space just feels good and supports what we want out of life, whether that’s a better career, romance, health, or income. In addition, it is also created by organising an environment in a way that enhances the flow of chi. Chi is life-giving energy that unites our body, mind, and spirit. Just as chi flows through our body, chi also flows through the living environment. When the energy flow is stagnant, the unbalanced chi may lead to ill health, domestic strife, or financial concerns.

Feng shui adjustments help make sure that the chi energy flow is just right so that everything in our environment supports our wish for good luck, good health, harmonious relationships, and prosperity.



*The amount of good luck coming your way depends on
your willingness to act.
– Barbara Sher*



The Cosmic Trinity

Chinese metaphysics tell us that our destiny is based on The Cosmic Trinity, and including the 3 types of luck such as Heaven, Earth and Man luck. These luck guide us throughout our lifetime.

Heaven Luck

Heaven luck is a type of luck that is innate to us and associated with karma. Heaven luck is also pre-determined before we are born in this world. Usually we have not control of this type of luck. Heaven luck serves as our blueprint to help us to our life's purposes. It is a guide that will lead us to the a wealthy and personal life also knows as the Four Pillars of Destiny, which allows us to understand important information about yourself, create clarity towards others and to the world.

Here are ways to improve your Heaven Luck

- Keep your home attractive and clean. A beautiful home can invite positive vibes and energy.
- Practice feng shui be open in changing things once a while.
- Improve and protect your front door open t new opportunities in your life.
- Arrange your home, office, bedroom that symbolize and represent you in terms of health, love, success, happiness and wealth.
- Live in a positive space or environment such as good neighborhood and close to environment with views, ocean, mountain and rivers.

Earth Luck

This luck is directly connected with Feng Shui. It is also the relationship between man and the earth, which points out the spaces we are living and its relationship to the environment. It gives us luck with our relationship, health and wealth.

Here are ways to improve your Earth luck

- Keep your home attractive and clean. A beautiful home can invite positive vibes and energy.
- Practice feng shui be open in changing things once a while.
- Improve and protect your front door open to new opportunities in your life.
- Arrange your home, office, bedroom that symbolize and represent you in terms of health, love, success, happiness and wealth.
- Live in a positive space or environment such as good neighborhood and close to environment with views, ocean, mountain and rivers.

Man Luck

Man luck is designed for ourselves – this is based on our actions and how we think and have a control over it. Man luck is created through our skills, knowledge, education and behavior as well as our actions towards achieving our goals in life. This luck also involves our cultural religious beliefs, and moral values. As we all say our destiny lies in our own hands.

Here are ways to improve your Man Luck

- Take time to understand your long-standing issues in your life, start talking to yourself positively be nice to yourself and embrace your weaknesses and learn improve it.
- Acknowledge and praise yourself when you achieve something fruitful.
- Learn how to take responsibility for your action, when you take responsibility in anything you can respond accordingly and it changes your luck, admit when you're wrong, talk honestly and make a stand for your actions.
- Always think that you can do everything to your ability, look for alternatives instead of giving up, adopting to the situation that will help you move forward to your life.

Environment



It is our collective and individual responsibility to preserve and tend to the world in which we all live.
– Dalai Lama



The natural environmental changes such as global warming, the decrease of the forest, heat island phenomena, desertification and erosion of rivers, that resulting in extremely heavy rains and snows, huge typhoon and hurricanes, abnormal temperature, and high tidal waves. Moreover, the change natural environment, social environment is also changing and it is also becoming fragile against natural disasters.

Global warming, or often regarded as “climate change” is the biggest environmental issue that researchers, scientist and engineers are focusing on. Global warming is a phenomenon where the overall climate on earth is predicted to change with common accord that it will involve the general increase in temperature. The effects of global warming are already experiencing by the Arctic regions where measurable declines in Arctic sea ice are evident both in extent and thickness.

The cause of global warming is the excessive amount of gas that is trapped in the Earth’s atmosphere. Carbon dioxide is a contributor to global warming and so are other gasses such as Methane and Nitrogen. There are significant debate’s about global warming that is derived from many factors that damage the environment and human health. According to several researches, human beings are primarily responsible for climate change as industrialization has increased the amount of greenhouse gasses that are emitted to the atmosphere. Human activities have contributed to the increase of the negative effects of climate change that are well represented in the extremes of temperature, droughts, storms and floods.

Improving Health And Our Earth Via Green Habits

While it is true that practices such as not buying products in plastic packaging, recycling, and taking shorter showers are part of a sustainable lifestyle, there are other ways to live a green life. It is important to understand that sustainability has other aspects, and the tips below can help habits in order to help the planet and you.

Avoid single-use items

One great way to eliminate waste is by boycotting various disposable items. If you need to use a straw, buy reusable straws, and bring your own tumbler for coffee. Buy foods that use little to no packaging whenever possible, and use reusable lunch boxes instead of single-use plastic wrap and bags.

Going Paperless Is Another Effective Way Of Eliminating Waste

Instead of buying papers or magazines, it is now downloadable and easy to read in electronic form or PDF. Ending up with newspapers at home, recycle them to clean windows. Actively take out items that we have not been using and donating them. By giving new life to old things, we can help halt the production of disposable and single-use products.



*Someone is sitting the shade today
because someone planted a tree.
– Warren Buffett*



What does the environment mean to you?

How important environment to you?

Your Actions Towards The Environment

It is no secret that for decades, the environment has been increasingly abused, threatened, and even destroyed. As human beings continue to put his selfish needs first, the environment suffers. The Amount of destruction humans has caused in the past three decades is beyond comprehension.

Every individual, businesses, and communities have a role to play in preserving the environment. A positive, change no matter how small or big it is, the ability to create a lasting domino effect of change in the long run.

List down simple actions how you can protect the environment

Actions	How?
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

Reduce-Reuse-Recycle

Solution: Reduce-Reuse-Recycle is a project that we mostly hear at homes and in schools. But there is no difference if we apply it in the offices.

Reduce - If it is not necessary for a document to be printed in several copies, then do away from it. Also, there are documents that are better off kept in soft copies and stored in the computers. For instance, memo and office announcements may not need to be printed in several copies and be given to each and every employee. Rather, a soft copy may be sent to all those concerns as everyone is assumed to have their e-mail addresses.

Reuse - For sure there are a lot of documents that were printed with errors and had to be printed again. Thus, those papers with errors would mostly end up being crumpled and thrown in the waste bin. Imagine how much money was wasted each time a paper is thrown away.

A sheet of paper may cost just a cent, but if we combine all those sheets, we may end up with hundreds of dollars.

A clean sheet of paper when purchased has two clean sides. Hence, if one side was printed on with an erroneous document, the other side remains clean and is still usable. This can be used in printing intra-office memos or in working with drafts. If this will be followed, there will definitely a reduction in the paper consumption.

5G And EMF Radiation Are The New Trend Of Smoking

Exposure to electromagnetic fields (EMF) is not new today. However, exposure to man-made electrogmagnetic fields has been steadily growing because of advancing technology, power demand and changes in social behaviour because of technology. Both at home and at work, from our domestic appliances and industrial equipment, electromagnetic field is everywhere.

Let's rewind a little bit in our history, a decade ago, and cigarette companies also known as "big Tobacco claimed that smoking is not harmful for our body. This is deceiving for health professionals and the society. We must learn from our history. What's electromagnetic radiation?

So, an electromagnetic field (EMF)?

Electromagnetic field is a form of energy that is around us can be felt through our cell phones, microwaves, radio waves, X-rays and wifi devices.

5 Five scientific Fact providing EMFs are not safe

1. According to scientists EMFs must be categorized as a "class 1 definite carcinogen just like smoking and asbestos.
2. EMFs can cause "mystery" health issues such as depression, fatigue, and digestive issues. This was observed the best medicine doctors around the world.
3. 5G 5th generation networks are being pulled out, until they are proven biological safe.
4. EMF "safety" standards haven't been updated since 1996, and are based on short term exposure to ONE device.
5. A 2014 survey revealed that 75 percent of 4-year old children already have their own cell phone, and because of this they are more expose and at risk in absorbing radiation compared to adults.
6. There is no doubt that exposure to EMF can be harmful to human health. To reduce your exposure here's the 8 ways to do it.

There is no doubt that exposure to EMF can be harmful to our health. To reduce your exposure here's the 8 ways to do it.

1. Powers down at night unplug all devices that you do not need during the night, especially devices that can emit EMF (cell phone, wifi routers, television). This will help you to lower the exposure in your home and environment and get a better night's sleep.
2. Keep away the devices where you rest and eat, or place inside your home that are mostly used spaces.
3. We can't deny that cell phone is a very important tool for us. However, our cell phones are also product EMF. If you can talk using a headphone or speakerphone at least 3 feet away from you to reduce your exposure.
4. Throw away our microwave because you're directly exposed your food to EMF. Instead, reheat your food on the stove or eat more vegetables or fruits, food that don't need to reheat.

Climate Change



*Earth provides enough to satisfy man's needs,
but not every man's greed.
– Mahatma Gandhi*



Human activity can be directly attributed to the cause of environmental issue. As we progress through the 21st century, humans have changed the world in unprecedented ways.

Climate Change

Cause	Impact
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Again, to be part of saving our planet seems to be a big step for everyone. But with the project being proposed here, the actions we are to take don't appear to be a sacrifice in any other way. With how all the benefits were enumerated, it must be clear how everyone in the industry can take advantage of it. Furthermore, it will be a good way to improve each person's personality in taking part of a project and work in aiming for a common goal. The objectives listed earlier may be very simple, but if we study it further and take it to a higher level, this will make every person responsible not just in his own workplace, home and community but also to the planet he is living.

Write down your own incantation for this week's theme

This winding road is your guide each week. In the space below write down your own intention and three words, what you are excited for this week.

Note: To be edited once the weeks are completed

WEEK 6
CARE FOR YOUR HOME & ENVIRONMENT

WEEK 5
SET YOUR FINANCIAL GOALS

WEEK 4
WATCH WHAT YOU PUT IN YOUR BODY

WEEK 3
KEEP MOVING

WEEK 2
TAKE CARE OF YOUR EMOTIONAL HEALTH

WEEK 1
FIND YOUR PASSION

WEEK 0
KNOW YOURSELF BETTER

Here's a quick summary of what you have learned this week:

- A clean home also means a healthy family
- A beautiful and clean home can lower stress and fatigue
- It is important to secure your home
- A clean home helps us save more
- There are toxins in your home that we should throw away
- Your home and your environment are a reflection of your character
- Global warming is an issue that needs to be brought to our attention
- A clean environment is important for healthy living.
- The Environmental problem affects us all.
- We have a moral obligation to the environment.