



WEEK 4: FLOW

WORKBOOK

Freedomology Labs





*"We shape our buildings;
thereafter they shape us."*

/ WINSTON CHURCHILL

*"Have nothing in your house that you do not
know to be useful, or believe to be beautiful."*

/ WILLIAM MORRIS

Welcome to Week 5 of your H40
journey, where we explore the
profound impact our environments
have on our physical, mental, and
emotional well-being.

In this module, we dive into the concept of FLOW - Focus, Lighting, Organization, and Wonder - and how optimizing these elements in our spaces can lead to greater inspiration, productivity, and joy.

BIG IDEA #1:

**Our inner world is deeply connected to
our outer world.**

The spaces we inhabit have a powerful influence on our thoughts, emotions, and even our physical health. By creating environments that support our well-being, we make it easier to build habits and routines that lead to a life we love.

Remember, you are always somewhere. It's impossible to separate an organism from its environment. So the more you love where you are, the more of your life you love.



BIG IDEA #2:

Clutter is the enemy of inspiration.

A messy, disorganized space can trigger the release of cortisol, the stress hormone, in our brains. Over time, chronic exposure to cortisol can lead to health issues like weight gain, anxiety, and depression.

Decluttering and organizing our spaces isn't just about making them look nice - it's about giving our minds the breathing room they need to thrive. Start small, focus on one area at a time, and create designated homes for every item.

BIG IDEA #3:

Lighting and color have a measurable impact on our mood and productivity.

Studies show that exposure to natural light can improve alertness, mood, and sleep quality, while certain colors like blue and green can promote feelings of calm and relaxation.

When optimizing your spaces, consider a mix of lighting sources and experiment with different bulbs and wattages to create a warm, inviting atmosphere. Incorporate colors that make you feel good and support the intended function of the room.

BIG IDEA #4:

The most inspiring spaces are a reflection of who we are and what we love.

Surround yourself with items that have meaning and bring you joy - favorite books, travel photos, inspiring quotes, or artwork that speaks to you. This isn't about impressing others or following trends, it's about creating a space that feels uniquely YOU.

When you walk into a room and feel that sense of "ahh, I'm home," that's when you know you've nailed it. Your environment should be a source of inspiration and motivation, not stress and frustration.

first action:

GIVE ONE SPACE A

FLOW MAKEOVER

Choose one area in your life that you spend significant time in - your bedroom, home office, kitchen, etc. If you share a space and don't have full control, focus on a smaller area that you can make your own.

MAKE SURE YOUR

- Declutter and remove anything that doesn't serve a purpose or bring you joy
- Optimize the space for its intended function, ensuring necessary tools are accessible and distractions are minimized.
- Evaluate and adjust lighting to create a warm, inviting atmosphere.
- Organize with storage solutions to create a sense of visual calm and spaciousness.
- Bring in personal touches that inspire you and reflect your unique personality.

Remember, this is a process. Start small, celebrate your progress, and keep your end goal in mind - creating a space that supports your health, happiness, and overall well-being.

second action:

SHARE YOUR

BEFORE & AFTER PHOTOS

Document your FLOW makeover journey by taking before and after photos of your chosen space. Share these images, along with your experience and insights, with the H40 community.

Celebrate your accomplishments, inspire others with your transformation, and learn from the creative solutions your fellow participants have implemented in their own spaces.

Remember, our environments are a powerful tool in shaping the life we want to live. By intentionally crafting spaces that support our well-being, we set ourselves up for success in every other area of our lives.

