

Room Balance Analysis

Use the following list to assess the current Yin/Yang balance of each room in your home. If you have equal amounts of a given feature, such as both small and large art, circle both. If there's a category that doesn't exist in a room, simply move to the next one.

Name of the Room _____

	Yin	Yang
Room size	Small	Large
Location in House	Quiet/private	Noisy/busy
Room's View	Intimate/private	Grand
Room's View	Natural	Houses/buildings/street
Ceiling	Low	High
Natural Light	Low	Bright
Electrical Light	Dim	Bright
Open floor space	Small Amounts	Large expanses
Floors	Carpeting/area rugs	Tile/cement/wood/stone
Wall colors	Medium, dark or muted	Light or bright
Furniture	Many pieces	Few pieces
Furniture colors	Medium, dark or muted	Light or bright
Furniture and décor	Small	Large
Furniture and décor	Low	High
Seating	Soft, padded	Hard, unpadded
Furniture shapes	Curved, rounded lines	Straight, angular lines
Patterns	Floral	Geometric
Fabrics	Textured	Smooth/shiny
Design	Elaborate/layered/ornate	Plain/simple/uncomplicated
Displayed collections	Many	Few or none
Art	Many pieces	Few or no pieces
Art	Small	Large
Pillows	Many	Few or none
Books	Many	Few or none
Mirrors	Small	Large
Plants	Many	Few or none
Storage areas & closets	Organized	Chaotic/disorganized
TOTAL	YIN _____	YANG _____

Consider:

Where in your home is there an open invitation to relax?

Where in your home is there an open invitation to be active?