

# Feng Shui Essentials — Workbook

This workbook turns the Feng Shui Essentials course into hands-on practice for your own home. Work through one section per module: map your space with the Bagua, audit and balance the five elements, fix each room, and build a 30-day cure plan you will actually finish. Keep a floor plan, a compass app, and a notebook nearby — most exercises ask you to observe and record what you find.

## Reading Your Home as an Energy Map

Diagnose how chi moves through your home and overlay the Bagua so every room is assigned a life area.

### Exercise: The Three-Second Entrance Walk

Stand outside your main door, then enter as if arriving home. Count silently to three and freeze. Write down exactly what your eyes landed on, what your body wanted to do, and the overall feeling. Then repeat the walk after clearing one thing and compare.

- What were the first three things you noticed in those three seconds?

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- Where did your gaze rush straight through (a back door, a window, a hallway)?

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- Which corners or surfaces felt cluttered, dark, or dead as you moved?

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- After clearing one item, what changed about the feeling at the door?
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### Worksheet: Bagua Overlay Worksheet (Three-Door Method)

Sketch your home's footprint with the front-door wall at the bottom. Divide it into a three-by-three grid. For each of the nine zones, record which physical room or area currently sits there and note any clutter, missing area, or extension.

Front door enters on (left / center / right third)

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Wealth zone (far left back) — current room/use

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Fame zone (far center back) — current room/use

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Relationship zone (far right back) — current room/use

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Family/Health zone (middle left) — current room/use

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Center/Wellbeing zone — current room/use

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Children/Creativity zone (middle right) — current room/use

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Knowledge zone (near left) — current room/use

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Career zone (near center) — current room/use

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Helpful People zone (near right) — current room/use

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Missing areas identified

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Extensions identified

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### Worksheet: Facing Direction Log

Stand just inside your main door looking out and take three compass readings with a phone app, stepping back from metal. Average them, translate to a direction, and note the compass-Bagua zone of your entrance as a cross-check against the three-door method.

Reading 1 (degrees)

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Reading 2 (degrees)

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Reading 3 (degrees)

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Average (degrees)

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Facing direction (N/NE/E/SE/S/SW/W/NW)

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Sources of metal interference noticed

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Does the compass Bagua agree with the three-door overlay? (yes/no/notes)

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### Checklist: Chi Flow Diagnostic Checklist

- Walked the whole home slowly and narrated where my eyes traveled
- Identified any straight-line rushing chi (door to door/window/hallway)
- Located the top three stagnant spots (behind doors, corners, storage)
- Flagged sharp furniture corners pointed at any seat, bed, or stove
- Marked missing areas and extensions on the floor plan
- Confirmed which Bagua zone the front door falls into

## The Five Elements and Balancing a Space

Audit each room for the five elements and use the productive and controlling cycles to bring it into balance.

### Worksheet: Room Element Audit

Choose one room. Walk it and tally how present each element is on a 0 to 5 scale (0 absent, 5 dominant), using colour, shape, and material as clues. Then decide the target balance for that room's function and note which element to feed or restrain.

Room name

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Wood present (0-5) — evidence

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Fire present (0-5) — evidence

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Earth present (0-5) — evidence

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Metal present (0-5) — evidence

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Water present (0-5) — evidence

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Room function (rest / work / social / nourish)

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Element this room should lean toward

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Element to ADD (feed via productive cycle)

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Element to CALM (restrain via controlling cycle)

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### Exercise: Cycle Problem-Solving Drill

For each imbalanced room you found, write the problem in plain words, then choose a fix using either the productive cycle (feed what is weak) or the controlling cycle (restrain what is excessive). Name the specific object you will use.

- Which room feels most out of balance, and which element is missing or excessive?

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- If feeding a weak element: which element feeds it, and what object adds it?

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- If calming an excessive element: which element controls it, and what object adds it?

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- What is the smallest single change that would move this room toward balance?

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### Checklist: Three-Lever Balancing Checklist

Started with items I already own, moved to their correct element zone

Added at least one real material (live plant, water bowl, stone, candle)

Adjusted one shape (round mirror, wavy art, column) instead of using colour

Reserved colour as the last and smallest lever (cushion, throw, accent)

Avoided over-correcting — added one tool, planning to live with it a week

[ ] Confirmed no element is completely absent or wildly overpowering

## Room-by-Room Energy Flow

Apply the commanding position and targeted element fixes to the entrance, bedroom, kitchen, living room, workspace, and bathrooms.

### Worksheet: Commanding Position Audit

For the bed, desk, and stove, record whether each meets the commanding position rule. If not, note the specific failure and the fix (reposition or mirror workaround).

BED — can you see the door from it? (yes/no)

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BED — solid wall behind, not in door's direct path? (yes/no)

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BED — fix needed (reposition / mirror / none)

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DESK — can you see the door from it? (yes/no)

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DESK — solid wall behind? (yes/no)

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DESK — fix needed (reposition / mirror / none)

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STOVE — in command and all burners working? (yes/no)

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STOVE — Fire/Water clash present with sink or fridge? (yes/no)

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STOVE — buffer added (wood/earth item)? (yes/no)

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### Exercise: Activate Your Wealth Corner

Go to the far left corner from your main entrance (the Wealth zone). Clear it completely, then design an intentional setup. Record what was there before, what you removed, and what you placed with intention.

- What was occupying the wealth corner before (clutter, bin, broken items)?

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- What did you remove or repair to clear stagnant energy?

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- What Wood/upward and lighting elements did you add (plant, lamp, purple object)?

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- What intention did you set as you finished the corner?

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### Checklist: Bathroom and Problem-Room Remedies

- [ ] Toilet lid kept down and bathroom door kept closed
- [ ] Every leak and drip fixed promptly
- [ ] A healthy plant added to lift the heavy Water element
- [ ] Mirror added on the outside of the door if bathroom sits in a key zone
- [ ] Sharp corners pointed at seats softened or furniture moved
- [ ] Applied the closest workable cure to any layout that cannot be made ideal

## Worksheet: Living Room and Workspace Layout Plan

Sketch a quick before-and-after of your social space and your workspace. Record the seating arrangement, who sits with their back to the entrance, and the element additions needed.

Living room seating shape (circle / U-shape / facing screen only)

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Anyone seated with back to the room entrance? (who)

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Sharp coffee-table corners pointed at a seat? (yes/no)

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Living room element additions (Wood/Fire/Water item)

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Desk placement meets commanding position? (yes/no/mirror)

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Workspace growth + drive additions (plant + lamp/red object)

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## Decluttering, Remedies, and Your Cure Plan

Clear stagnant zones, choose the right classic remedies, fix missing corners, and commit to a 30-day cure plan.

### Exercise: Single-Zone Declutter Sprint

Pick your single most stagnant Bagua zone. Empty its surfaces and storage onto a clear floor, sort into four piles, and return only what you keep and love. Record the before and after feeling.

- Which zone did you choose and why is it the most stuck?

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- How many items landed in the repair and the discard piles?

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- Which kept items genuinely match the life you are inviting in?

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- How does the zone feel now compared to before you started?

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### Worksheet: Remedy Selection Worksheet

List your top problems, then match each to one of the nine classic cure categories (light, sound, living things, water, mirrors, wind-sensitive, heavy objects, colour, electric/moving) and name the specific object and intention.

Problem 1 — cure category — specific object — intention

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Problem 2 — cure category — specific object — intention

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Problem 3 — cure category — specific object — intention

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Missing corner — anchor object used (statue/plant/light/mirror)

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Rushing-chi hallway — slowing cure used (chime/rug/art)

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## Worksheet: 30-Day Cure Plan

Commit to a finishable four-week sequence. Fill in the action and the success signal for each week, then schedule the re-walk at day 30.

Week 1 (entrance) — specific action

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Week 1 — success signal

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Week 2 (declutter one zone) — specific action

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Week 2 — success signal

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Week 3 (commanding position: bed/desk/stove) — specific action

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Week 3 — success signal

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Week 4 (activate a zone + balance a room) — specific action

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Week 4 — success signal

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Day-30 re-walk date scheduled

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### Checklist: Decluttering Practice Checklist

- ] Worked one zone at a time, not the whole house at once
- ] Sorted into keep-and-love, repair, donate/sell, discard
- ] Released or repaired the broken-things pile within a week
- ] Targeted hidden zones (behind doors, under bed, closets, garage, entry)
- ] Left each surface no more than about half full
- ] Noted the before/after feeling to motivate the next zone

### Your Action Plan

1. Draw a to-scale floor plan and overlay the three-door Bagua, labeling all nine zones plus any missing areas and extensions.
2. Take and log your facing direction as a compass cross-check against the overlay.
3. Clear, light, and de-squeak the entrance, and set an intentional first view within three seconds of the door.
4. Audit your three most-used rooms by the five elements and decide the target balance for each.
5. Place bed, desk, and stove into the commanding position, adding mirror workarounds where reposition is impossible.
6. Run a single-zone declutter sprint on your most stagnant Bagua zone using the four-pile method.
7. Activate your wealth corner with a healthy plant, good light, and a clear intention.
8. Apply bathroom remedies (lid down, door closed, leaks fixed, plant added) and fix any missing corner with an anchor.
9. Commit to and execute the 30-day cure plan, one focus per week.
10. Re-walk the home at day 30, record what shifted, and choose the next zone to refine.











