

FIX
the energy in
your home
in 10 minutes or less

Simple ways to change how a room feels
using what you already have

I WANT THIS

FIRST, LET'S BE CLEAR...

There's nothing *wrong* with your house.

But sometimes it might feel “off.”

Not messy.

Not dirty.

Just *not quite right*.

That's not your imagination.

People will tell you there's a “right way” to fix it.

There isn't. There's just what *actually* works.

These are the exact ways I shift things at home—
quickly and without turning it into a whole thing.

HOW THIS WORKS

Energy responds to a few simple things:

- air moving
- light changing
- something shifting position
- your attention landing somewhere on purpose

That's it.

You don't need a system.

You don't need a checklist.

Pick *one thing* and do it.

That's enough to change a room.

WHEN A ROOM FEELS HEAVY

You walk in and immediately think: “...why does it feel like this in here?”

Do this (pick *one*):

Open a window (even for a minute) → to move the air through the space

Turn on a light → to break that dim, stuck feeling

Move one thing (chair, pillow, stack of mail) → to interrupt what's been sitting

This is where scent helps. Candles, incense, or even something simmering in the kitchen can clear the energy and reset your mood.

AFTER SOMEONE LEAVES AND THE VIBE STICKS

You know the feeling.

Do this (you only need *one*):

Wipe a surface → to physically clear what just happened here

Wash your hands → to reset your own energy (this works fast)

Let fresh air in or turn on a fan → to keep things from lingering

Even one of these will shift the room. And a quick pass with incense works here, too – unless you just want the room *to smell amazing*, which is also a valid reason.

WHEN YOU'RE IN A WEIRD MOOD

Nothing is technically *wrong*, but you're not your best either.

Try *just one* of these:

Change rooms → to break the loop you're sitting in

Make a drink → to shift your focus and pace
(Tuesday mocktails, anyone?)

Turn something on (light, music, TV) → to change the atmosphere around you

Optional: Use a scent you *already love*. Your brain will follow it.

END OF DAY

You *do not* need to fix the whole house.

Try one of these:

Clear one small surface → to give your eyes somewhere to rest

Lower the lights → to signal the day is winding down

Close something (door, laptop, the day) → to create a clear “we’re done” moment

Even one of these is enough.

And this is where a candle earns its keep.

WHEN YOU CAN'T FOCUS

Your space feels busy. And your brain follows.

Do this (*just one* is all you need):

Clear a small working area → to reduce visual noise

Move distractions out of reach → to keep your attention from wandering

Sit down and start → before you overthink it

Done.

A clean, bright scent helps here.

FINAL THOUGHTS

You don't need a complicated process.

You don't need perfect timing.

And you *definitely* don't need to wait until you "have time."

You just need to notice what feels off, and then do something small on purpose.

The tools I offer in my shop help.

But the shift? That comes from you.

— Deb

P.S. If you want more real talk on energy and how I actually work with it at home, you'll probably like my emails.