

## Home Balance Analysis

A home is balanced when it has the just-right combination of Yin “Quiet Zones” and Yang “Active Zones” that support a happy lifestyle. Typically, the Yin Quiet Zones are the Bedroom, Bathroom, Dining room, Sanctuary, and Storage areas, and the Yang Active Zones are the Home Office, Living room, Kitchen, Family or Great room, and Laundry room.

Use the following list to assess a room to determine its current balance. 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
<b>TOTAL</b>	_____ <b>YIN</b>	_____ <b>YANG</b>