



Become the Dentist Everyone Loves to Recommend

The House of You – Reflective Exercise

This is an exercise about you and how you see yourself. Each part of the house represents a different aspect of who you are, what sustains you, and where you are heading. You can **draw your house** or use the **line drawing provided** and write your reflections in the spaces.

Create a house with these elements clearly marked:

- **Foundations** – Your Values
- **External walls** – Your strengths
- **Internal walls and floors** – What nourishes you
- **Windows** – Life lessons
- **Doors** – Career pathway
- **Staircase** – Your goals and aspirations
- **Roof** – Your security
- **Furniture and decoration** – Joy for joy's sake
- **People in the house** – Your purpose
- **Attic/basement** – What is stored away or hidden
- **Neighbours** – Your influences
- **Garden/surroundings** – Your environment
- **Vermin** – What undermines you.

Foundations – Your Values

- What are your deepest values, the things you truly care about?
- What is important to you?
- What makes you proud when upheld, and what makes you cross when violated?

External Walls – Your Strengths

- What are your natural strengths and talents?
- What are the skills or superpowers you lean on when life gets tough?

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Internal Walls and Floors – What Nourishes You

- What activities, relationships, and interests keep you whole?
- Consider what feeds you mentally, physically, emotionally, spiritually, and intellectually.

Windows – Your Life Lessons

- What experiences have given you perspective and light?
- What lessons have shaped you, making you wiser and stronger?
- Which windows are yet to be opened?

Doors – Your Career Pathways

- What jobs, roles, or opportunities have you already stepped into?
- What doors might you still choose to open?
- What doors would you love to open?

Staircase – Your Goals and Aspirations

- What direction are you climbing towards?
- What are your short-term goals, and what are your longer-term dreams?

Roof – Your Security

- Who or what shelters you from life's storms?
- Which people, communities, or networks keep you safe and supported?
- How do you support yourself? How do you depend on others?

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Furniture and Decoration – Joy for Joy’s Sake

- What do you do purely for fun or pleasure, with no other purpose?
- These touches make your house your own and bring lightness into your life.

People in the House – Your Purpose

- Who do you want to invite into your life and work?
- How do you want your “house” to add value to others as well as yourself?
- How do you offer hospitality and kindness to others?
- What legacies and memories do you want to leave behind?

Attic, or basement – What’s Stored Away or Hidden

- What is hidden away that still influences you?
- Untapped potential, dreams for the future, or fears from the past?
- What unhealed traumas or ghosts from your past still haunt your future and need to be faced, healed, and disempowered?

Neighbours – Your Influences

- Who is nearby in your life, even if not directly in your house?
- Colleagues, peers, other professionals, or communities that shape or influence you?
- Who would you like to bring into your community?

Vermin – What Undermines You

- What has the potential to damage or weaken your house?
- Limiting beliefs, unsupportive relationships, destructive habits, or self-sabotage?
- Recognising your vermin helps you protect the strength of your house.

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Garden / Surroundings – Your Environment

- What environment helps you thrive?
- Do you flourish in peace and quiet, or do you need a busy, stimulating environment?
- What networks, settings, or cultures allow you to grow strongest?
- What do you eat, drink, move, sleep etc so you are nourished?

Next Step

Once complete, reflect:

- Does your current house reflect who you want to be?
- What changes, additions, or renovations would make it the house you want to live in 5–10 years from now?

You can develop the metaphor by considering what do specific rooms represent

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Draw the HOUSE OF YOU as it is now



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Draw the HOUSE OF YOU as you want It to be In 5 years



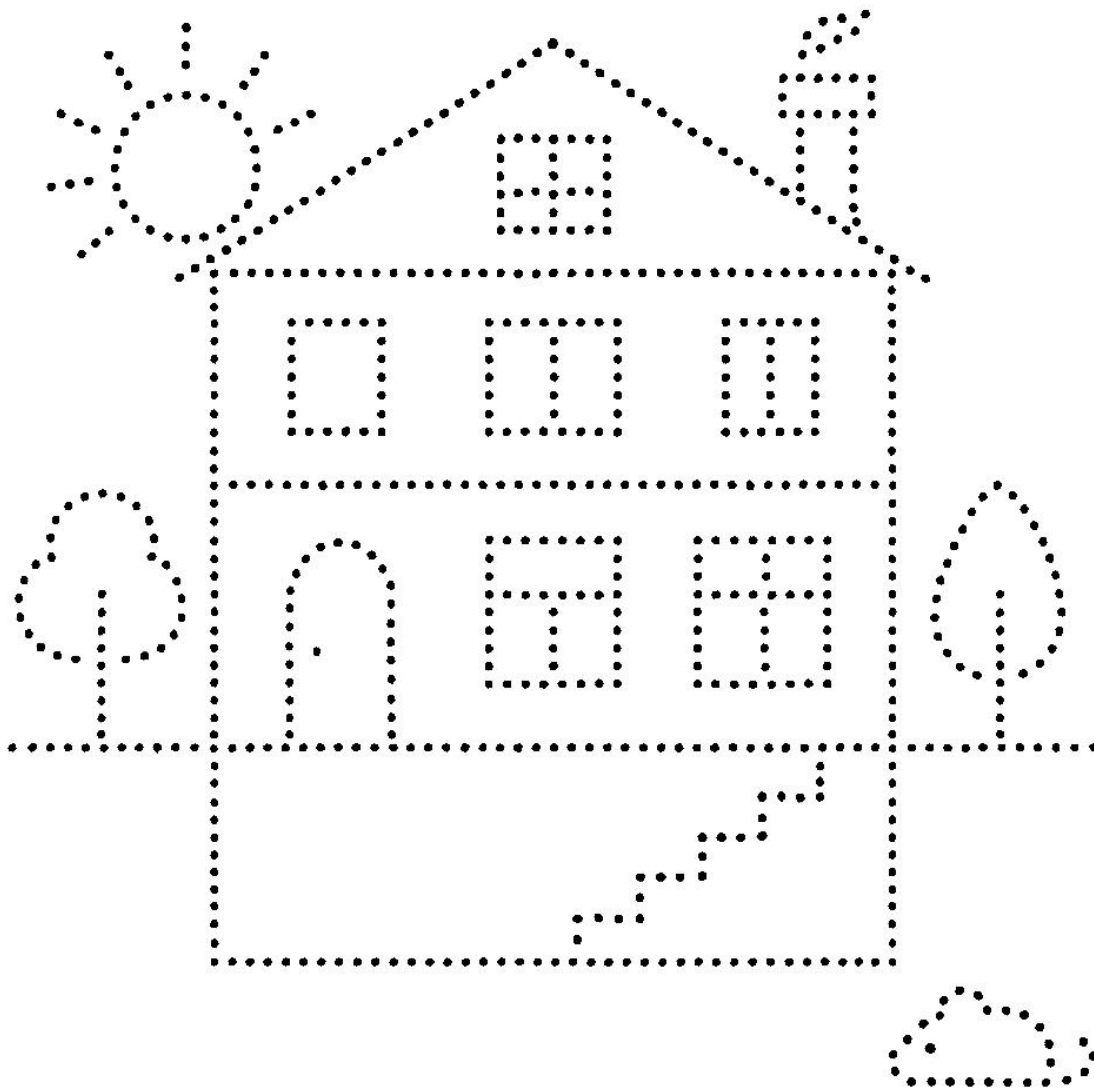
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If your beliefs about your drawing skill limit you, you can use these line drawings to help.



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Basement floor
plan

Ground floor, floor
plan

First floor, floor
plan

Attic floor plan

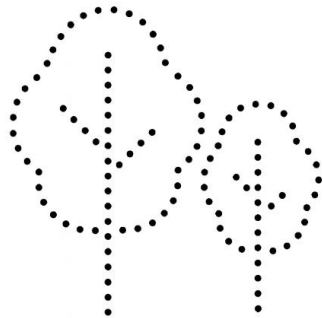
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