



THE
#HOMETHERAPY
CHALLENGE

@ANITAYOKOTA

Welcome,

This Challenge is all about making space for love in your everyday life—starting in your home, whether you live alone, or are sharing your living space with a partner, a few friends, or a dozen family members!

During each week of the the HomeTherapy Challenge, we'll focus our energy on one of the five Love Languages. By trying new strategies one-at-a-time, we'll be able to deepen our understanding of how we prefer to give + receive love, experimenting with what works best for those we're closest to. There are SO many ways to join in—and I have tons of ideas to get you started!

In the process of play, you may just discover a new favorite communication style to show your partner love, or create new traditions together with your family. It's all going down on Instagram, where we'll be sharing our progress and our wins. In the meantime, let's take a look at the line-up together!



Week 1: Words of Affirmation

- Three ways to sprinkle in words of affirmation throughout your decor for an aesthetically pleasing stream of communication.

Week 2: Acts of Service

- I'll walk you through three ways to create joy from actively doing things for others or for yourself! This week is all about the little things.

Week 3: Quality Time

- Slowing down and actually getting quality time is rare. This week, we explore three ways to do this with family, a loved one, or by yourself.

Week 4: Physical Touch

- This week will be all about the sensation of touch, centered around acupressure massages, cuddles and dance. Let's focus on letting loose!

Week 5: Gift Giving

- I'll share with you some DIY projects that people will *actually* want to receive.

Note: By joining the challenge you only have to commit to 1 option per week, but you are always welcome to do more, we know you want to!

Week One

Option 1: Love Note Box

Make your decor functional, add a notepad and pen to a beautiful box and center it somewhere in your space, like a coffee table or desk. Use this box to communicate when things are too hard to say out loud or if you want to leave a positive treasure for someone.

Option 2: Letter Board

Set up a note board in your space, it doesn't have to be a certain size, it just has to be big enough to get the message across. Use your board to write love notes, learning moments, or how you're feeling. You can dress up your note board by adding designs or painting the border to fit the interior aesthetic of your home!

Option 3: Positive Affirmations

Write positive messages to yourself in a space where you will see them daily, like the bathroom mirror or your bedside table. Positive self talk has been shown to change the way your brain thinks about yourself, which results in a more loving and colorful life. Try it out! If you are stuck on what to write, make sure to grab your free gift at the link in bio for inspiration.



Week Two

Option 1: Love Coupons

What goes around, comes around! So you might as well give out love coupons. Create this online with a fun design or get crafty with it and scribe them yourself on craft paper. If the recipient is your child, add some sparkles and stickers! You can offer to do one-time things like make their favorite breakfast, take them to the movies, or allow them to host a sleepover.

Option 2: Make a Meal

Spoil yourself or your loved one by making a recipe that you've been dying to try or remake. Go to the farmer's market for local ingredients for an extra special meal, then pour yourself a glass of wine and get cooking!

Option 3: Create Space

Create a space for yourself or a loved one that limits distractions and enhances joy. Add mood lighting, a few books, large pillows, cozy blankets, and you've made a little haven in your home to enjoy.





Week Three

Option 1: Device-Free Night

Plan a special night for your family, friends, or partner to reconnect. Collect phones in a basket at the beginning and fully immerse yourself into distraction-free bonding time. Maybe have a board game night, self-care night, or karaoke night, whatever suits you best.

Option 2: Cozy Corner

Setup a meditative space for someone special to enjoy, keep the kids out of this area and allow your significant other to fully immerse themselves in their own thoughts or hobbies. Bonus tip, leave a love box filled with positive notes for them to read, have a prepared snack and a hot cup of tea waiting for them to enjoy.

Option 3: Explore

This can be by yourself or with friends, kids, partners. Head outside, try to notice new things and enjoy whatever may come. You can try out a new hike or just take a walk around your neighborhood, you will be sure to feel invigorated and refreshed afterwards. Pro tip: Leave your phones at base camp or turn off.

Week Four

Option 1: Co-Regulating Cuddles

Create a large pile of plush pillows and spend some time lounging with someone special. Extended hugs can help co-regulate, which helps calm the nervous system, finding yourselves on the same page.

Option 2: Acupressure Massage

This term may be new to you and no- it doesn't involve any needles. Acupressure has been used for centuries to promote relaxation, enhance wellness and deter disease. It is the practice of applying pressure to key parts of the body to address ailments. For this challenge, give yourself acupressure between your forefinger and your thumb, almost pinching at the soft part where your fingers join, this will relieve headaches and migraines. Look up two other points of acupressure to complete the challenge.

Option 3: Move and Groove!

Get up, turn the tunes on and shake it! Dancing releases so many feel-good chemicals and it is something you can do wherever, whenever, and for however long you want. Keep your vibrations high by putting on a fun outfit to groove.





Week Five

Option 1: Comfort

Give the gift of comfort with Coop Home Goods, I just dropped my first pillow design with them! I made sure that my pillow with Coop seriously brightens up any space and makes for a comforting day and cozy night. Grab yours by checking out my instagram @anitayokota.

Option 2: DIY Vase

Plants are a great gift that don't end up in the trash. Design a cute vase by adding texture or painting it and then plant something that is easy to take care of and beautiful. My favorite plant to give is basil because it requires minimal nurturing and is delicious! For something even less time consuming for the recipient, you could plant an assortment of succulents!

Option 3: Treat Yourself

Finally pull the plug and purchase that special item you've had your eye on. After accomplishing all five weeks of this challenge, you deserve it.

Plan it out!

SELECT YOUR CHOICE FOR EACH WEEK AND USE THIS SPACE TO PLAN IT OUT.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5



So, feeling ready to challenge yourself? Let's take this still-new year to the next level, showing ourselves and our families how much closer and happier we can be when we make room for love to grow, deepen, and thrive. I highly recommend journaling to process thoughts and strengthen intentions.

The next five pages are for you to fill out with love and mindfulness. Note that the prompts are only there to give guidance, feel free to use the space however you like. Share your week of growth by posting it to your story, tagging @anitayokota and using the hashtag #HomeTherapy for a chance to be reposted to my story!

With Love,
Anita

Week One

This week, I send love to...

This week, I am grateful for...

This week, I welcome...

Week Two

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H O M E T H E R A P Y

renovations / interiors