



W I N D O W
T R E A T M E N T
M A S T E R C L A S S



— W O R K B O O K —

W O R K B O O K

- Use this workbook as a companion to the program.
- Use the Power of Visualization to Create Beautiful Rooms.
- To get the most out of this workbook, work slowly and thoughtfully.
- Work somewhere without distractions to allow your inner creative thoughts to flow.
- Read the questions.
- Close your eyes and think.
- Put yourself in the moment.
- Breathe and visualize.
- Take time to thoughtfully and carefully see yourself in the setting.
- Write descriptive answers in the space provided.
- Before moving on, read your descriptive answers and create a picture in your mind from your words.



DONNA CASH
INDUSTRY EXPERT, FABRICATOR

Donna Cash is owner and operator of Designs by Donna, a soft furnishings design and fabrication studio, established in 1989. In addition to working with wholesale and retail clients, Donna conducts private training on workroom fabrication techniques and participates in group seminars for the home decor industry. She is a member of the Designers Workroom Council and the Window Coverings Association of America (WCAA).

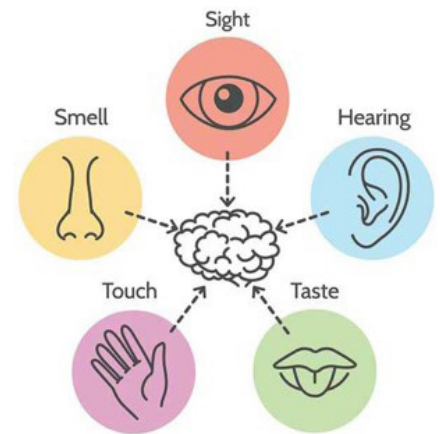
CREATE BEAUTIFUL ROOMS USING THE POWER OF *VISUALIZATION*

The key to visualization is to keep the picture moving in your mind, and yourself moving in the picture. If you keep the picture moving like a movie, you can master visualization really quickly. If the picture is static, it is a lot harder to keep the picture in your mind. Keep your visualization busy with lots of movement, and your mind will become so captivated it will not be able to think of anything else.

WHAT IS THE BEST WAY TO SELECT FABRICS & FINISHES?

Put yourself into the moment. Close your eyes. Use all five senses as you are visualizing:

1. Sight
2. Sound
3. Taste
4. Touch
5. Smell



THINK ABOUT THE
BIG PICTURE

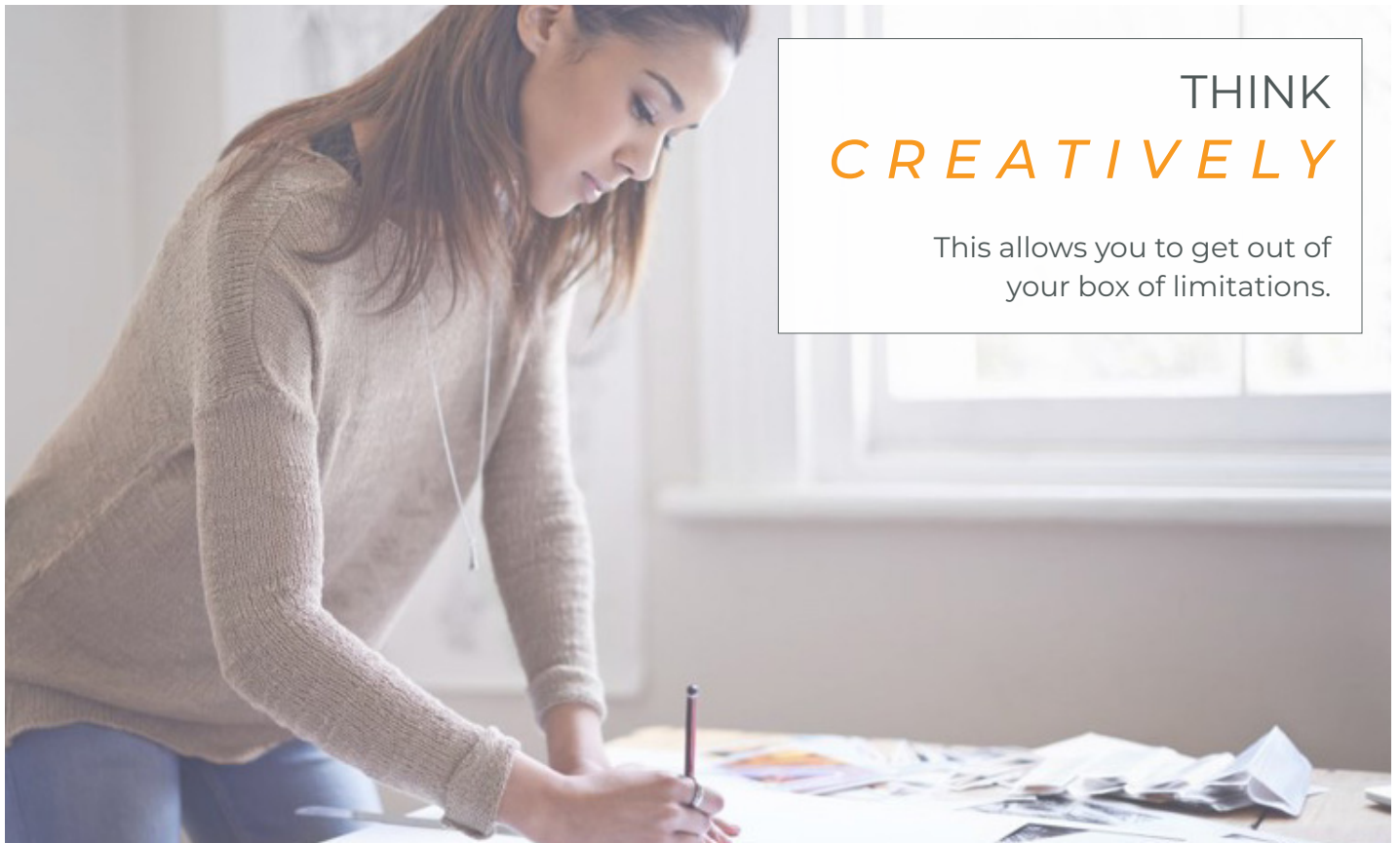
This allows you to see beyond yourself.



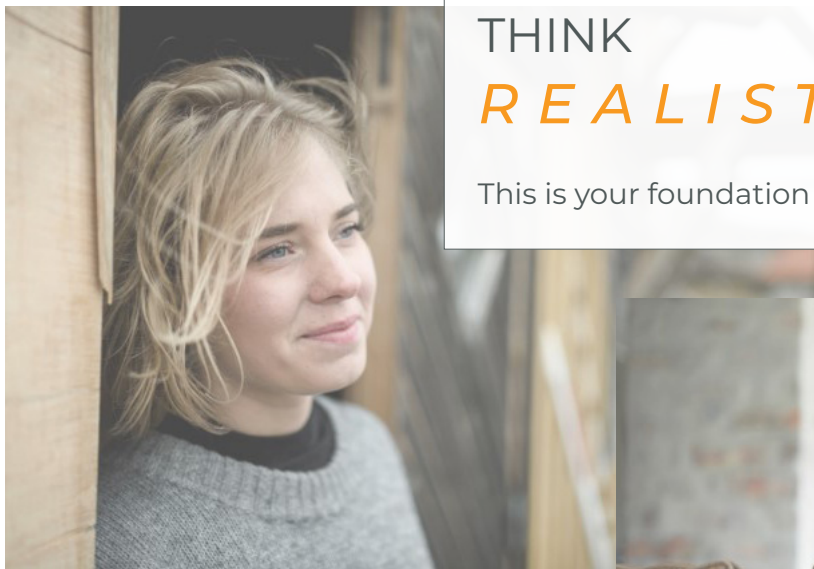
THINK
FOCUSED

This allows you to remove
distractions.





THINK
CREATIVELY
This allows you to get out of your box of limitations.



THINK
REALISTICALLY
This is your foundation for change.



THINK
STRATEGICALLY
This is your plan for change.



EXAMPLE
*FALL
RUSTIC
RETREAT*

What do you think of when you think of the Fall season?

Find inspiration in nature as your guide to selecting fall retreat fabrics.

With the above visualized, write any thoughts or feelings you found before moving forward.

VISUALIZE

SIGHTS OF FALL

Write five thoughts that come to your mind when you think of Fall. Think of colors, textures and places.

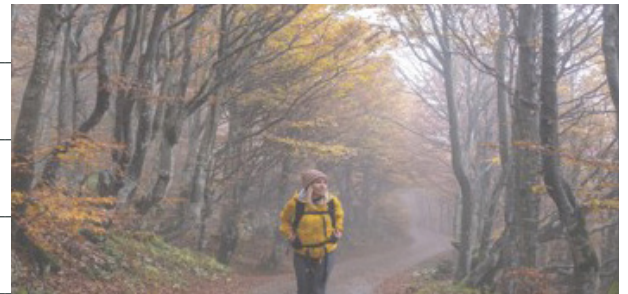
1. _____
2. _____
3. _____
4. _____
5. _____



SOUNDS OF NATURE

Close your eyes and think of being outside on your favorite type of Fall day. Where are you? How do you feel? What sounds come to your mind? Describe them in as much detail as you can:

-
-
-
-



SCENTS OF FALL

Get into the present moment and bring to mind the scents of Fall. Perhaps scents outside, or of favorite foods you enjoy during the season. Use descriptive terms describe what came to mind.

-
-
-
-



VISUALIZE CONTINUED

TASTES OF FALL

Quite often we enjoy different foods during cooler months. What are some of the foods you enjoy as the summer heat leaves and the cooler temperatures of Fall arrive? Describe them in detail below. Think of how they make you feel. How do they smell? What colors are they?



TOUCH

Out with the tank tops and sleeveless dresses and in with your favorite sweaters, leggings and boots. Describe the way your favorite fabrics feel against your skin. What are these fabrics? What are the textures? What colors are they? Go within and put yourself in your favorite happy place during the Fall season. Write about this below:



NOW IT'S TIME TO CREATE YOUR *FALL RUSTIC RETREAT*

After filling out the previous sections of the workbook, put yourself into the moment you described of Fall.

What does a fall rustic retreat look like to you?

What colors will you use?

What accent colors will you use?

What textures will you choose in the fabrics you select?

With the above visualized, describe your ideal fall rustic retreat below:





YOUR TURN
TO CREATE

What do you think of when you think of the room?

Find inspiration in textures, patterns and drapery hardware as your guide to selecting fabrics.

With the above visualized, write any thoughts or feelings you found before moving forward.

VISUALIZE

SIGHTS

Write five thoughts that come to your mind when you think of your room. Think of colors, textures and places.

1. _____
2. _____
3. _____
4. _____
5. _____



SOUNDS

Close your eyes and think of being in the room. How do you feel? What sounds come to your mind? Describe them in as much detail as you can:



SCENTS

Get into the present moment and bring to mind the scents. Perhaps scents of outside, or of favorite foods you enjoy. Use descriptive terms describe what came to mind.



VISUALIZE CONTINUED

TASTES

Describe them in detail below. Think of how they make you feel. How do they smell? What colors are they?



TOUCH

Describe the way your favorite fabrics feel against your skin. What are these fabrics? What are the textures? What colors are they? Go within and put yourself in your favorite happy place. Write about this below:



NOW IT'S YOUR TURN TO CREATE *YOUR ROOM*

After filling out the previous sections of the workbook, put yourself into the moment you described.

What does the room look like to you?

What colors will you use?

What accent colors will you use?

What textures will you choose in the fabrics you select?

With the above visualized, describe your ideal room below:





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