

HOME HEALTH CHECKLIST

A quick checklist to see where your home may be helping — or hurting — your health, mood, and goals. Take five quiet minutes. Print this out or jot your answers in a notebook. There's no score — just insight.

LIGHT & ENERGY

- DO I HAVE AT LEAST ONE SPACE AT HOME WHERE I GET NATURAL LIGHT IN THE MORNING?
- ARE THERE ROOMS WHERE ARTIFICIAL LIGHT FEELS HARSH OR PARTICULARLY DRAINING?
- DO I FEEL MORE ENERGIZED OR MORE SLUGGISH AFTER A DAY SPENT AT HOME?

AIR & FLOW

- WHEN I'M AT HOME, DO I REGULARLY OPEN WINDOWS OR DOORS TO LET FRESH AIR IN?
- CAN I IDENTIFY ANY SOURCES OF STALE AIR, MUSTINESS, MOULD OR DAMP?
- DO I FEEL MORE CLEAR-HEADED OR FOGGY WHEN I'M INDOORS FOR LONG PERIODS?

CLUTTER & CLARITY

- IS THERE A SPACE IN MY HOME THAT MAKES ME FEEL INSTANTLY CALMER — OR MORE ANXIOUS — WHEN I ENTER IT?
- AM I HOLDING ONTO ANYTHING OUT OF GUILT, HABIT, OR AVOIDANCE?
- CAN I WALK FREELY THROUGH MY SPACE WITHOUT MOVING THINGS AROUND?

WHAT'S HOLDING YOU BACK?

SOUND & STIMULATION

- ARE THERE ANY CONSISTENT SOUNDS THAT IRRITATE ME AT HOME (BUZZING LIGHTS, TICKING CLOCKS, NOISE BLEED)?
- DO I HAVE A QUIET CORNER FOR CALM, THAT I CAN CALL MY OWN, EVEN IF TINY?
- DOES MY HOME ALLOW SPACE FOR SILENCE — OR IS IT ALWAYS “ON”?

EMOTION & MEMORY

- DO I HAVE OBJECTS AROUND ME THAT MAKE ME FEEL PROUD, PEACEFUL, OR INSPIRED?
- ARE THERE ITEMS I AVOID LOOKING AT BECAUSE OF THE EMOTION THEY TRIGGER?
- DOES MY HOME REFLECT WHO I AM NOW — OR SOMEONE I USED TO BE?

SUPPORT & SELF-CARE

- DO I HAVE A SPACE — HOWEVER SMALL — WHERE I CAN BE ALONE OR REFILL MY CUP?
- IS THERE A HABIT I WANT TO BUILD (E.G., READING, STRETCHING, JOURNALING) THAT MY HOME CURRENTLY MAKES HARDER RATHER THAN EASIER?
- DOES MY HOME SUPPORT MY HEALTH AND GROWTH — OR JUST MY SURVIVAL?

IS YOUR HOME HELPING, OR HURTING YOU?

SOME NOTES TO REFLECT ON...

LIGHT & ENERGY

Light directly affects mood, metabolism, and our circadian rhythms (that govern how well we sleep). Dim spaces can literally dim our vitality. A great thing to do for yourself as soon as you wake up? Fling wide those curtains.

AIR & FLOW

Quite simply, good air = good brain. Poor ventilation and toxins (like VOCs) affect energy and hormone balance. It's vital to keep air moving around your home, and to let stale air out and fresh air in.

CLUTTER & CLARITY

Clutter speaks in whispers — “unfinished,” “overwhelmed,” “no space for you.” The good news? Every item you remove is a vote for freedom. When you clear away that which no longer serves you, you will feel a physical lift.

SOUND & STIMULATION

Noise = nervous system stress so your body never properly switches off. Silence can be incredibly restorative. Soothing sounds can heal. Overstimulation silently drains.

EMOTION & MEMORY

Your environment tells the story of your life, whether you realise it or not. Make sure it's a story you still want to live. Surround yourself only with things that have positive connotations for you.

SUPPORT & SELF-CARE

Design for the life you want. Design for the person you want to become. When your space supports your goals, everything becomes easier.

Small shifts create momentum.

This checklist is your nudge. Change doesn't require perfection — just intention.