



The Calm Home Audit

A room-by-room guide to creating a home that supports rest and recovery.

Your home does not need to be perfectly clean, quiet, or organized to feel restorative. The Calm Home Audit is a simple practice of noticing. Walk through your home one room at a time. Before cleaning, organizing, or changing anything, pause and notice how the space feels.

Before you begin

Start at the entrance of your home. Take a slow walk through each room. Don't move or clean anything yet. Take note of your first reaction to each space.

- Which room make you feel calm? _____
- Which room make you feel busy? _____
- Where do unfinished tasks tend to collect? _____
- Which space do you naturally spend the most time in? _____
- Is there a room or area you tend to avoid? _____
- Is there a room where your body naturally relaxes? _____

The Entryway

The entrance to your home creates a transition between the outside world and your private space. Stand at the door and notice what you see when you first walk inside.

- Is the entrance clear and easy to move through? _____
- Do shoes, coats, bags, and everyday items have a place to land? _____
- Is the space welcoming? _____
- Are there unfinished tasks or clutter that immediately demand my attention? _____
- Is the lighting bright enough for function but still inviting? _____
- Does the rug feel comfortable, durable and well-placed? _____

One small shift

What is one thing you could do to make arriving home feel easier?

The Kitchen

The kitchen is often one of the busiest rooms in the home. It can hold beautiful meals and family connection, but it can also become a collection point for unfinished tasks and clutter.

- Is there at least one countertop with open visual space? _____
- Are frequently used items easy to access? _____
- Does everyday clutter have simple places to be put away? _____
- Are there lighting options other than bright overhead lights? _____
- Are natural materials, plants, or seasonal elements present? _____
- Does this space make preparing food enjoyable? _____

Notice

Which surface creates the most visual noise or distraction?

What item or group of items never seems to have a home?

When does your kitchen feel the best?

One small shift

What are two things that could ease the congestion in this room?

The Living Room

Your main living space often shapes the atmosphere of the entire home. Sit where you normally sit. Notice what you can see, hear, and feel.

- Does the seating feel physically comfortable? _____
- Are blankets and comfortable items within easy reach? _____
- Can you see outside from at least one place where you sit? _____
- Are there lighting options other than bright overhead lights? _____
- Does the room include natural textures or materials? _____
- Can I spend time here without automatically reaching for a screen? _____

Notice

What is the first thing you see from your favorite seat?

What is the dominant sound in this room?

Does this space encourage you to slow down?

One small shift

What are two things that could help this room feel more restorative?

The Bedroom

Your bedroom does not need to look like a retreat. It should help communicate that the day is ending and signal rest.

- Does the first thing you see feel relatively calm? _____
- Is my bed comfortable and inviting? _____
- Are there lighting options other than bright overhead lights? _____
- Can unfinished work be kept out of sight when possible? _____
- Is the temperature comfortable for sleeping? _____
- Does the room become quieter as bedtime approaches? _____

Notice

What is the first thing you see when you wake up?

What is the last thing you see before you sleep?

Are those things helping create the atmosphere you want?

One small shift

What are two things that could make your bedroom feel more restful tonight?

The Bathroom

The bathroom is one of the few spaces where we naturally pause throughout the day. Small sensory changes can turn ordinary routines into moments of restoration.

- Are the towels soft and comfortable to use?

- Is the space relatively clear and easy to move through?

- Are everyday products easy to access?

- Can visual clutter be contained when/where possible?

- Can lighting be softened in the evening?

- Does this space support moments of quiet?

Notice

How does your bathroom feel first thing in the morning? Clean, fresh and ready to start a new day? Or dim and cluttered?

How does your bathroom feel at the end of the day? Warm, soft and calming? Or bright and loud?

What are two things that could make an ordinary routine feel more restorative?

One small shift

A warm towel. A lit candle as the only light source. Soft music. An extra few minutes in a warm shower. How do you feel afterwards?

The Office

Are you clearly able to enter and leave work mode? Whether you have a home office or work from your kitchen table, your body benefits from clear transitions and boundaries.

- Do your work materials have a defined space? _____
- Can you physically put work away when the day is finished? _____
- Does your work space have adequate natural light? _____
- Does your chair and workspace feel physically supportive? _____
- Can notifications and background noise be reduced? _____
- Do you have a clear end-of-work ritual? _____

Notice

What signals that your work day has begun?

What signals that your work day has ended?

If the answer is nothing, what simple cues could you create?

One small shift

Set a specific end time and stick to it. Write down unfinished tasks from the day. Keep the list to three things and physically close the notebook. Shut down your computer. Come up with a catch phrase to end your day and say it aloud, keep it positive and consistent. How do you feel afterwards?

A Moment to Reflect - Why decluttering can feel scary.

Change is not always easy. There are a lot of emotions that can come up when we are trying to simplify our homes and lives. It's important to address those emotions and give yourself a little grace. Knowing where to start is often the biggest obstacle.

My hope is that this guide empowers you to take action but please know that starting small is the best thing you can do for yourself. Making small, positive changes will give you the momentum and confidence to make more small, positive changes.

Small steps, big progress. You can do this.

Your Favorite Resting Place

Where are you allowed to do nothing? This may be a chair, on your porch, a corner of the sofa, or a space near a window. Go there now.

- Does the space feel physically comfortable? _____
- Are items of warmth or comfort easy to access? _____
- Are you able to see something calming from where you sit? _____
- Is the area free from unfinished tasks? _____
- Are you able to sit here without a screen in front of you? _____
- Do you associate this space with rest rather than productivity? _____

Notice

How do you usually spend time here?

Do you actually feel rested afterward?

One small shift

What does this space need more of? What could be added to make it more restful?

What does this space need less of? What could be removed?

Start with One Room

A restorative home is not created all at once and it does NOT have to cost a fortune either. It is shaped slowly through small decisions about what we see, hear, touch, and experience every day.

Start with one room. Make a few small shifts. Notice how it feels. And continue from there.

The room I want to begin with is:

I want this space to feel more:

The one change I will make this week is:

- One space to clear: _____
- One element to add: _____
- One ritual to create: _____

“Change can be scary, but you know what’s scarier? Allowing fear to stop you from growing, evolving, and progressing.” - Mandy Hale