

SPACE HEALING AUDIT CHECKLIST

**A Conscious Evaluation of How Your
Space Supports Your Well-Being**

Small environmental misalignments can quietly impact how you feel, focus, and function every day. This self-guided audit helps you identify what's working—and where intentional shifts can restore clarity, calm, and balance.

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HOW TO USE THIS CHECKLIST

- Move through each section slowly and honestly
 - Check what applies to your current space
 - There are no “wrong” answers, only awareness
 - Look for patterns, not perfection
- Your space reflects your inner world more than you realize. This audit is the first step in reconnecting with it.

1. EMOTIONAL & ENERGETIC EXPERIENCE

How does this space make you feel?

- I feel calm when I enter this space
- I feel emotionally/mentally clear here
- This space helps me unwind or reset
- I feel grounded in my body in this space
- I enjoy spending time in this space
- This space reflects who I am now

Reflection:

When I spend time in this space, I
mostly feel:

2. VISUAL CLARITY & ORGANIZATION

What your eyes and mind process

- Surfaces feel mostly clear and intentional
- Items have designated homes
- Storage supports ease, not frustration
- I am not visually overwhelmed here
- My eyes know where to rest in this space
- Decor feels intentional rather than filler

Insight:

Visual clutter increases cognitive load and can elevate stress without us realizing it.

3. COLOR & MOOD ALIGNMENT

How color supports your nervous system

- The colors feel calming or supportive, not draining
- The palette aligns with the room's purpose
- There is a balance of calm and stimulation
- Accent colors feel intentional
- Color supports the emotional use of the space
- Lighting enhances the color palette

Reflection:

The colors in this space make me feel:

4. SENSORY COMFORT

What your body experiences

- Lighting feels comfortable and balanced for my eyes
- Seating supports my body comfortably
- Textures feel inviting, grounding, and pleasant to touch
- Noise levels feel manageable or calming
- Scents are neutral or pleasant
- Temperature feels comfortable
- This space allows my nervous system to settle

Body Check:

When I sit in this space, my body feels:

Relaxed Neutral Tense

5. AIR, MATERIALS & ENVIRONMENTAL QUALITY

What you breathe and touch

- The space is regularly ventilated
- Materials feel clean and breathable
- Natural light is present when possible
- I experience fewer headaches, irritation, or discomfort here
- Plants or natural elements are present
- The space feels fresh rather than stagnant

Note:

Indoor environments significantly influence comfort, focus, and emotional regulation.

6. FUNCTIONALITY & FLOW

How the space supports daily life

- The layout supports how I actually live and use the space
- Movement through the room feels easy
- Furniture scale feels appropriate
- Nothing feels awkward or in the way in the space
- Daily tasks are carried out well in the space
- The room supports my current lifestyle and routines

Reflection:

The biggest functional frustration in this space is:

7. PERSONAL MEANING & IDENTITY

Does this space reflect you?

- My personality is reflected here
- Items feel intentional and aligned with my values, not random
- I see pieces that inspire or ground me
- This space supports who I'm becoming
- I feel emotionally connected to this space
- I feel proud of this space

YOUR SPACE WELLNESS SCORE

**Count your total checkmarks:
Total Possible: 44 Points**

0–14 → High Imbalance

Your space may be contributing to stress, fatigue, or overwhelm.

15–26 → Moderate Imbalance

Functional, but misaligned in key areas.

27–35 → Generally Supportive

Your space supports you, with room for refinement.

36–44 → Strong Alignment

Your environment actively supports your well-being.

***Most people fall between the Moderate and Generally Supportive categories.**

***This audit is designed to reveal awareness—not perfection.**



FINAL REFLECTION

If I could change one thing
about this space to feel better
immediately, it would be:

**Awareness creates choice.
Choice creates change.**



READY TO GO DEEPER?

If this audit revealed overwhelm, misalignment, or uncertainty—this is where *Space Healing* begins.

A Space Healing Audit & Reset provides:

- A deeper environmental & sensory assessment
- Personalized design & wellness insights
- Clear, actionable recommendations

Learn more or book your Space Reset:

[Book CLDG](#)

*This checklist is for self-reflection and environmental awareness only.
It is not intended to diagnose or treat medical conditions.*