

Healthy Home Reflection Sheet

A simple space to pause, reflect, and notice what is changing in your home as you take small, steady steps. There's no need to rush. This is simply a moment to check in with your home, your environment, and how things feel over time.

What are you noticing?

- What feels different in your home recently?
- Are there any changes in air, light, or comfort?
- What stands out to you right now?

What feels better?

- What small improvements have you noticed?
- Which spaces feel more comfortable or settled?
- What has been working well?

What still feels out of balance?

- Are there any areas that still feel heavy or unresolved?
- What might need more attention?
- Is there anything you've been avoiding?

Small next steps

- What is one simple step you can take next?
- Which room or area would you like to focus on?
- What feels manageable right now?

Returning to your rhythm

- How often would you like to check in again?
- What helps you stay connected to your home?
- What support or tools might help you continue?

Pause. Notice. Continue gently. One step at a time is enough.