

Room-by-Room Observation Guide

A gentle way to notice how each space in your home feels, functions, and responds over time — one room at a time. There's no need to fix everything at once. Simply observe, notice, and allow your home to show you what it needs.

What do you notice?

- How does the room feel when you enter?
- Is the air fresh, still, or heavy?
- Are there any noticeable smells?

Light and Air

- Does natural light enter the space?
- Can windows be opened easily?
- Is there airflow or does it feel stagnant?

Surfaces and Materials

- Are surfaces clean, dusty, or damp?
- Do materials feel natural or synthetic?
- Are there any signs of wear, mould, or staining?

Moisture and Temperature

- Does the room feel humid, dry, or balanced?
- Are there signs of condensation?
- Is the temperature comfortable?

Comfort and Use

- Does the room support how you want to live?
- Is it restful, active, or cluttered?
- Do you feel at ease in this space?

Return to this guide over time. Notice what changes, what improves, and what still feels out of balance. One room. One observation. One small step. That is enough.