YOUR GENTLE HOME AUDIT

Take a quiet moment to notice how your home feels to you right now. There are no right or wrong answers — this is just a gentle check-in to help you see what's working, what feels heavy and where a little shift could make life feel easier.

1. When you walk into your home at the end of the day, what emotions do you notice first?

2. Which areas of your home feel calm or supportive — and which feel heavy, frustrating or draining?

3. If your home could support your life better right now, what one small change would make the biggest difference?