

Room: _____

Date: _____

INITIAL IMPRESSIONS

Walk into the room. Imagine you are viewing the space with fresh eyes.

Take a few deep breaths and connect into the space.

How does it make you feel? Physically and emotionally?

Are you drawn to certain areas and repelled by others?

Don't forget to open closets and look into storage areas.

WHAT IS ROOM USED FOR

What is the room designed for (library? den? dining room?) and what actually happens there (watching tv? ironing? homework?)

HOW IT FEELS TO USE SPACE

Go back a couple of months. Has the space been meeting your needs?

Are you sleeping well in your bedroom?

Does the kitchen space support and empower you during meal prep?

Do you feel productive and creative in your office space?

Room: _____

Date: _____

**OBSERVATIONS/
RECOMMENDATIONS**

As you walk through the space, notice areas needing cleaning or organization.

Do items need repair or replacement?

Is furniture placement awkward?

How about the wall colour?

Identify room elements that don't belong and should be moved.

ACTION PLAN

- 1.
- 2.
- 3.

What are your top three jobs in this space?

RESULTS

Write down your completed tasks and how they impacted the space.