

Environment Audit

Shape your surroundings so they take less from you, give more back, and make healthy actions easier to do.

START WITH WHAT IS GETTING IN THE WAY

When something in your environment is actively disturbing you, reducing or removing it usually matters more than adding a relaxing feature on top. Address the noise before adding nature sounds. Clear overwhelming clutter before adding a salt lamp. Fix the friction first; then add what helps you thrive.

1 Choose the environment

Audit one space or situation at a time. You will notice more than if you try to judge your whole life at once.

- ☐ Home
- ☐ Bedroom
- ☐ Kitchen
- ☐ Workspace
- ☐ Garden
- ☐ Digital environment
- ☐ Other: _____

2 Find the drains first

Walk through the space slowly. What repeatedly costs attention, creates tension, wastes time, or makes you want to escape the space?

SENSORY LOAD

Noise, harsh or inadequate light, temperature, smells, visual overload, uncomfortable furniture.

CLUTTER & UNFINISHED CUES

Too many visible objects, piles, reminders of unfinished tasks, things without a home.

PRACTICAL FRICTION

Things hard to find, awkward storage, broken items, poor layout, repeated little hassles.

ATTENTION DRAINS

Notifications, screens, interruptions, tempting distractions, or spaces that make focus difficult.

WHAT IS DRAINING ME?

DRAIN / FRICTION	WHERE OR WHEN?	REMOVE, REDUCE, MOVE, BLOCK OR REPAIR?

MY FIRST REMOVAL

If I could remove or reduce just one drain this week, it would be: _____

BUILD THE ENVIRONMENT THAT SUPPORTS YOU

Once the main drains are addressed, add supports deliberately - and make the behaviours you want the easiest ones to start.

3

Add what gives something back

Now ask what would make the space more pleasant, restorative or useful. Choose additions that solve a real need rather than simply adding more things.

LIGHT & AIR

Daylight, appropriate evening light, fresh air, comfortable temperature.

NATURE & CALM

A view outside, plants, natural materials, quiet, music or sounds you genuinely enjoy.

COMFORT & FUNCTION

A chair that supports you, clear surfaces, useful storage, water within reach, tools where you use them.

MEANING & ENJOYMENT

Objects, colours, photos, books or creative materials that make the space feel like yours.

WHAT WOULD IMPROVE THIS ENVIRONMENT?

ADDITION / CHANGE	WHAT NEED WOULD THIS SOLVE?

4

Make your habits easier by design

Do not rely only on motivation. Change the surroundings so the desired action has less friction and the competing action has a little more.

MAKE THE CUE VISIBLE

Put the reminder where the behaviour should start.

MAKE IT READY

Prepare, lay out, charge, chop, pack or schedule in advance.

MAKE IT EASY TO REACH

Store the useful option closer to where you need it.

ADD FRICTION TO THE ALTERNATIVE

Move, log out, hide, unplug or make the competing choice less automatic.

MY HABIT ENVIRONMENT

HABIT	CUE / REMINDER	MAKE IT EASIER	MAKE THE ALTERNATIVE HARDER

5

Choose this week's environment shift

REMOVE

One drain I will remove or reduce:

ADD

One support I will add:

REDESIGN

One habit I will make easier:

Revisit the space after a week: keep what helps, adjust what does not, and remove what still gets in the way.