

The Healing Environment Checklist

Your external environment reflects and affects your internal healing. Creating a space that supports regeneration can make all the difference. Use this checklist to tune your home, emotions, and energy into a healing frequency.

AIR

- Open windows daily for fresh airflow.
- Remove chemical air fresheners or cleaners.
- Use plants or natural salt lamps to purify air.

LIGHT

- Get 10–15 minutes of natural sunlight each day.
- Avoid harsh artificial lights in the evening.
- Let daylight into your space to regulate circadian rhythm.

■ WATER

- Drink spring or properly filtered water daily.
- Avoid fluoride and chlorine whenever possible.
- Shower with awareness—visualize old energy washing away.

EMOTIONAL BOUNDARIES

- Limit conversations that drain your energy.
- Practice saying 'no' without guilt.
- Create time daily for silence, journaling, or reflection.

■ DIGITAL DETOX

- Turn off Wi-Fi or devices at night.
- Take regular breaks from scrolling or screens.
- Curate your digital space—follow only what uplifts you.

Remember: You are the gatekeeper of your environment. Even small changes add up. Every choice to invite more peace, nature, and clarity into your space supports your healing journey.