

HEALTHY HOME CHECKLIST



Welcome!

The **Healthy Home Checklist** is what you need to get started on your way to a Healthier Home!

It can be overwhelming when you decide to make your home healthier. That is why I have created this FREE checklist to give you a head start!

Along with the checklist you will find;

- General Breakdown of each item on the checklist
- Wheel Diagram
- To Do Page
- Notes
- Call to Action

The call to action is up to you.

If after you work through the checklist you feel you want to learn more, now or down the road. Send me a message and I can help.

I also have more detailed booklets coming out this Spring (2023) covering each area on the checklist.

With this PDF you have what you need to create a healthier home. One change can make your home healthier than it was the day before. Sometimes that's the best way to do it, take things one day at a time.

Deciding to create a **healthier home** can seem like alot.

You ask yourself things like;

Where do I start?

Do I have to go full on crunchy?

Here's what you need to know;

Where to start;

The checklist itself will give you a list of the areas that need to be addressed in order to create a healthier home. The next following pages will give you a basic breakdown of what each item means on the checklist.

Do you have to go full on crunchy?

No. Even one change will make your home healthier.

These are all things you can do as you have time, you don't need to do everything. Just do the things that you feel you want to address.

The checklist has everything from dust and mold to furniture placement and energy.

There are many things that really can affect the health of your home and you can absolutely make your home healthier for you and your family. Please just remember, don't feel overwhelmed and take your time. The fact that you have this checklist is a wonderful start and even one change will make your home healthier. You are further ahead than you were yesterday. So take it slow and have fun!

Terri Cumming

H O L I S T I C I N T E R I O R D E S I G N E R - H O U S E H E A L E R



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CONTENTS

03 Healthy Home Checklist

04 Breakdown 1

05 Breakdown 2

06 Wheel Diagram

07 To Do

08 Notes

09 Call to action

Breakdown

Below are descriptions of each area on the checklist, all are things you can address yourself.

These are general descriptions of each item and they are meant to get you started. You can do this.

It will take time and it sure doesn't have to be perfect, just take it one item at a time. Some areas will be a little more involved than others and you don't have to do them all. Do what works for you.

DUST

Dust can be harmful to our health. Especially to those with asthma & breathing issues. Here are some things you can do to alleviate the dust in your home.

- Have your heating system regularly serviced. Replace filters on a regular basis.
- Vacuum carpets & keep surfaces clear of dust.

MOLD

Mold needs moisture to grow so check areas that have been exposed to condensation, humidity & water.

Look for spots that are discoloured, black, slimy or chalky.

If you have had any flooding then you definitely want to check for mold in those areas.

EMF

EMF
Electro Magnetic Field.
Invisible areas of energy caused by electromagnetic radiation.

EMF comes from things like computers, cell phones, microwaves, wifi, smart meters and more. It is best to unplug things when not in use & keep as much distance from electronics whenever possible.

HOUSEHOLD PRODUCTS

Household products such as cleaners, paint and laundry detergent can all affect the health of your home.

- When choosing a paint look for NO or low VOC's.
- Use white vinegar & water to clean surfaces.
- Wash your clothing with a natural laundry detergent.
- Make your own all natural products

FABRICS & FIBERS

Most of us do have fabrics & fibers in our home that are not natural & that's ok. It would be unrealistic to go replacing everything and buying new, that isn't the goal.

For future when adding fabrics and things like rugs to your home look for products that are natural like cotton, wool, linen and sisal.

ACCESSORIES

The accessories that you have in your home play a part in the health of your home. The things that you surround yourself with affect how you feel and that affects the energy in your home. As well, items in your home can have a feeling or memory attached to them good or bad that can also affect how you feel. So surround yourself with things that make you happy.

FURNITURE PLACEMENT

Furniture placement is so important! Not only in how it looks but how it functions and how well energy (and you;) can move around freely. Furniture should be placed in a way that allows energy to flow easily, not obstruct any walkways and is functional.

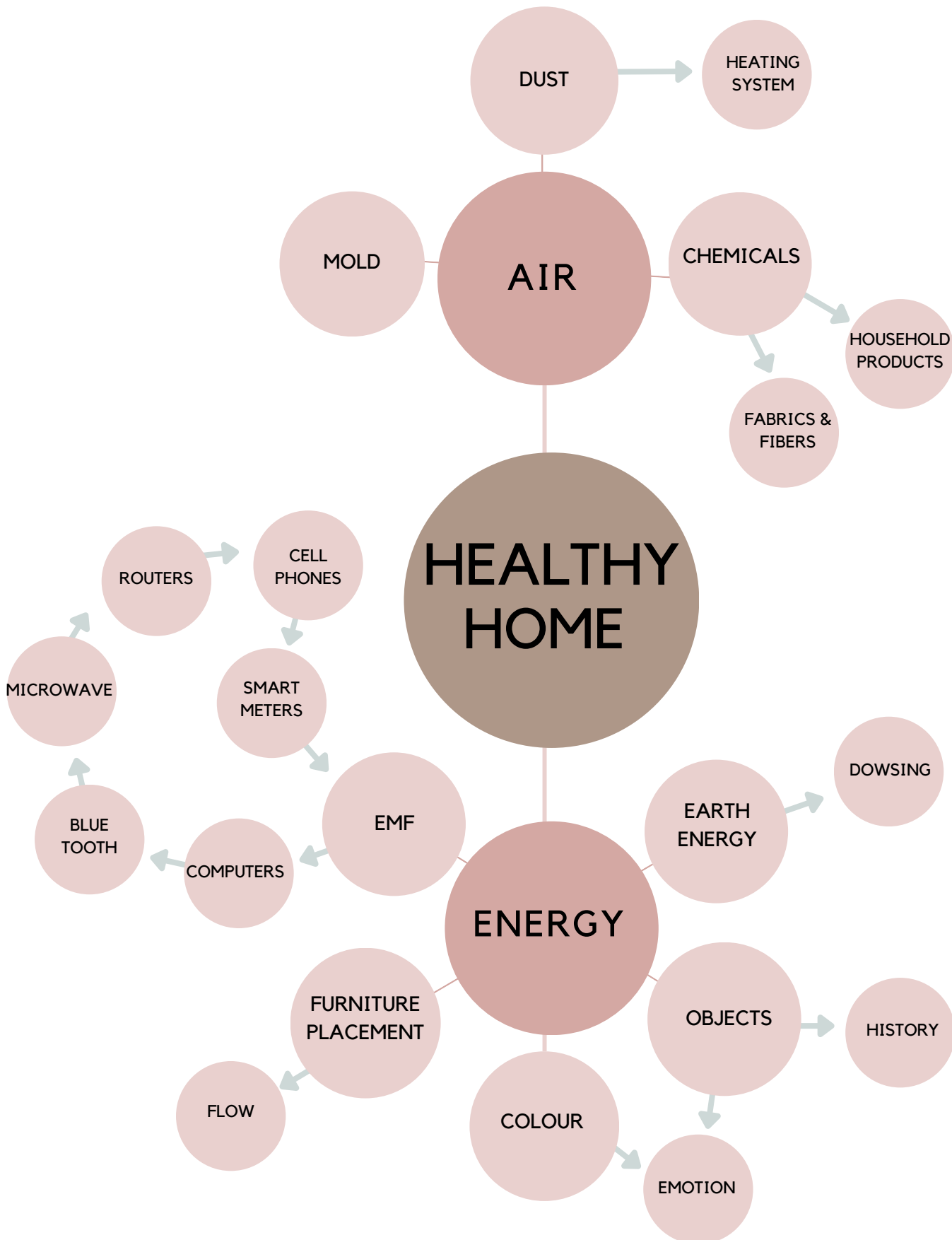
COLOUR

The colours that you use in your home either on the walls, floors or in furnishings affect how you feel. Even if you don't really think about it. Not only do certain colours create certain moods and can change the scale of a space, certain colours are personal and affect each of us differently. Choose colours based on how they make you FEEL.

DOWSING

What is Dowsing?
Dowsing is using tools such as rods or a pendulum to locate things like earth energy & underground water. You can also dowse to finding areas of concern in your home, locate lost objects and even to answer any question you might have...about pretty much anything!

WHEEL DIAGRAM



TO DO

ACTION STEPS / PRIORITY TASKS

1.

2.

3.





















CALL TO ACTION

DO YOU WANT TO MAKE YOUR HOME HEALTHIER?

TOGETHER WE CAN DO THIS

It can be a lot when you want to make a change. Especially if it's personal, sometimes that can be the hardest.

Have you started your journey to creating a healthier home?

Do you want to focus more on a certain area?

Do you want more information?

IF YOU ANSWERED YES TO ANY OF THESE QUESTION CLICK THE LINK BELOW & I WILL SEND YOU MORE INFO ON WHAT'S COMING UP HERE AT HEALTHY HOME BY DESIGN!

[MESSAGE FOR
MORE INFO](#)

