



Home Wellness Checklist

Is your home supporting healing — or quietly working against it?

Your home is part of your healing system.

The food in your kitchen, the light in your bedroom, the products under your sink, the clutter in the corners, the rhythm of your day, and the feeling you have when you walk through the door all affect the nervous system.

This checklist is not about perfection. It is a gentle way to notice what in your home may be supporting rest, clarity, nourishment, and peace — and what may be creating stress, inflammation, dysregulation, or overwhelm.

Use it slowly. Let the home show you what is ready to shift.

I. The Overall Feeling of the Home

Before looking at details, pause and feel the home as a whole.

Ask yourself:

- When I walk into my home, do I feel my body soften or tense?
- Does the home feel peaceful, heavy, chaotic, stagnant, or alive?
- Are there areas I avoid because they feel overwhelming?
- Does the home reflect who I am becoming?
- Does the home support the way I want to live, heal, rest, and create?
- Are there objects, rooms, or unfinished projects that carry emotional weight?
- Does the home feel like a sanctuary or a place I am constantly managing?

Reflection

What is the first area of the home that feels heavy?

What is the first area that feels peaceful?

What is the home asking for right now?

2. Kitchen, Cleanliness & Nourishment

The kitchen is one of the most important healing spaces in the home. It shapes what you eat, how you nourish yourself, and how much effort it takes to make supportive choices.

A healing kitchen should feel clean, simple, organized, and peaceful. Cleanliness matters here — not in a sterile or obsessive way, but because food preparation is sacred. The counters, sink, stove, refrigerator, pantry, cutting boards, and cooking tools should support nourishment, not create stress, contamination, clutter, or confusion.

Notice:

- Is the kitchen clean enough to prepare food with ease?
- Are counters clear and usable?
- Is the sink clean and free of old dishes?
- Are the stove, refrigerator, and food prep areas clean?
- Are cutting boards, knives, cookware, and storage containers easy to access?
- Are nourishing foods visible and easy to reach?
- Does the pantry feel organized or overwhelming?
- Are old, expired, stale, or forgotten foods taking up space?
- Are processed foods, refined sugar, artificial ingredients, or inflammatory oils dominating the kitchen?
- Is there a simple rhythm for meals, hydration, minerals, and nourishment?
- Does the kitchen feel peaceful, clean, and inviting?

Remove Inflammatory Cooking Oils

Remove or stop using inflammatory seed oils and highly processed oils, including:

- Canola oil
- Vegetable oil
- Soybean oil
- Corn oil
- Cottonseed oil
- Sunflower oil
- Safflower oil
- Grapeseed oil
- Rice bran oil

- Peanut oil
- Margarine
- Shortening
- “Plant butter” made with seed oils
- Cooking sprays made with seed oils
- Blended oils that contain seed oils
- Processed salad dressings and sauces made with seed oils
- Mayonnaise made with seed oils
- Sauces, dips, and marinades made with seed oils

Replace With Supportive Fats

Choose simple, traditional fats such as:

- Organic coconut oil
- Ghee
- Extra virgin olive oil
- Tallow

Use olive oil for low-heat cooking, dressings, and finishing. Use ghee, coconut oil, or tallow for higher-heat cooking.

Salt & Minerals

Replace refined table salt with a high-quality mineral or sea salt.

Recommended options:

- Maldon sea salt
- High-quality Himalayan salt
- High-quality sea salt

Use Maldon generously as a finishing salt for vegetables, soups, salads, eggs, grains, broths, and simple whole foods. It makes real food feel more satisfying and helps bring pleasure back into nourishment.

For Himalayan salt or other sea salts, choose carefully. Look for independent reviews or testing when possible, especially for heavy metals, microplastics, and environmental contaminants.

Avoid:

- Refined table salt
- Anti-caking additives when possible
- Low-quality salts with no sourcing transparency
- Salt products that have concerning independent testing results

Keep good salt visible and easy to reach so nourishment feels simple, mineral-rich, and enjoyable.

Supportive Shift

Choose one small area to reset first:

- Clean the sink and counters
- Wipe the stove and food prep surfaces
- Toss expired food
- Remove all inflammatory cooking oils
- Replace cooking oils with organic coconut oil, ghee, extra virgin olive oil, and tallow
- Replace refined table salt with Maldon, high-quality Himalayan salt, or a well-sourced sea salt
- Move nourishing foods to eye level
- Create a tea, water, and mineral station
- Prepare one simple meal you can repeat this week

Reflection

What food or kitchen pattern is quietly working against your health?

What would make nourishment easier this week?

What needs to be cleaned, cleared, or replaced first?

3. Sleep & Rest

Your bedroom should tell the nervous system: you are safe, you can soften, you can rest.

Notice:

- Does the bedroom feel calm and uncluttered?
- Is the bed comfortable, clean, and supportive?
- Is the lighting soft in the evening?
- Are screens, work items, bills, or stressful objects near the bed?
- Is the room quiet enough for deep rest?
- Are there strong scents, synthetic fragrances, or chemical products in the room?

- Is the bedding made from materials that feel good on your body?
- Is there enough darkness for sleep?
- Does the room feel peaceful when you enter it?
- Does the bedroom support intimacy, rest, prayer, or quiet?

Supportive Shift

Try one:

- Remove work-related items from the bedroom
- Clear the nightstand
- Wash bedding
- Remove synthetic fragrances
- Replace LED bulbs with incandescent bulbs where possible
- Add soft, warm lighting
- Create a no-phone area
- Open a window for fresh air
- Place one beautiful, meaningful, or calming object nearby

Reflection

What is one thing in the bedroom that does not belong there?

What would help your body feel safer at night?

4. Light, Sound & Stimulation

The nervous system is constantly responding to the environment.

Light, sound, screens, clutter, and noise can either help the body regulate or keep it alert and activated.

Notice:

- Do you get natural light in the morning?
- Are harsh overhead lights used late into the evening?
- Are LED lights used throughout the home?
- Does the lighting feel cold, sharp, or overstimulating?
- Are screens on constantly?
- Is there background noise most of the day?

- Does the home allow for silence?
- Are there places to read, pray, breathe, or sit quietly?
- Are there too many visual inputs in the main living areas?
- Does the home feel overstimulating?
- Are there rhythms of quiet built into the day?

Replace LED Lighting

Remove or reduce LED lighting wherever possible, especially in bedrooms, living spaces, and evening areas.

Replace LED bulbs with incandescent bulbs where available and appropriate.

Incandescent light feels warmer, softer, and more natural to the nervous system, especially in the evening. The goal is to reduce harsh, blue-toned, overstimulating light and create a home environment that supports rest, rhythm, and regulation.

Supportive Shift

Try one:

- Open curtains in the morning
- Remove LED bulbs from the bedroom
- Replace evening lights with incandescent bulbs
- Use lamps instead of overhead lighting
- Dim lights after sunset
- Turn off background TV
- Create a quiet hour
- Make one corner screen-free
- Add a candle, book, or prayer space
- Remove visual clutter from one surface

Reflection

Where does your home overstimulate you?

Where could you create more quiet?

Which lights feel harsh, cold, or stressful to your body?

5. Cleaning Products, Fragrance & Household Toxins

The body is always interacting with the air, surfaces, fabrics, and products in the home.

Synthetic fragrances and harsh chemical cleaning products can affect the nervous system, lungs, skin, hormones, and overall sense of safety in the home.

A healing home does not need to smell like chemicals to be clean. It should feel fresh, simple, breathable, and safe.

Notice:

- Are cleaning products strongly scented?
- Do you use plug-ins, sprays, scented candles, or artificial fragrance?
- Are laundry products fragrance-free or heavily scented?
- Are personal care products simple and clean?
- Are harsh chemicals stored near food, pets, children, or sleeping areas?
- Does the home smell natural, neutral, clean, or chemical-heavy?
- Do you notice headaches, irritation, fatigue, coughing, or tension around certain products?
- Are there products you keep using even though your body does not seem to like them?

Remove Chemical Cleaning Products

Remove or stop using harsh chemical cleaning products, including:

- Artificial fragrance sprays
- Plug-in air fresheners
- Scented cleaning sprays
- Bleach-based sprays for everyday cleaning
- Ammonia-based cleaners
- Synthetic floor cleaners
- Chemical bathroom sprays
- Strongly scented laundry detergent
- Scent boosters
- Dryer sheets
- Fabric softeners
- Artificially scented candles
- Disinfectant sprays used unnecessarily throughout the home

Replace With Simple Cleaning Staples

Use simple, traditional cleaning supplies such as:

- Baking soda
- White vinegar
- Castile soap
- Borax
- Natural laundry detergent

These can replace most conventional household cleaning products and help create a cleaner, calmer, less chemically burdened home.

Supportive Shift

Try one:

- Remove plug-in fragrances
- Replace scented laundry detergent with natural laundry detergent
- Stop using dryer sheets and scent boosters
- Replace one cleaning spray with vinegar and water
- Use baking soda for sinks, tubs, and gentle scrubbing
- Use castile soap for simple surface cleaning
- Use borax for laundry support where appropriate
- Open windows when cleaning
- Store any remaining harsh products away from food and sleeping spaces

Reflection

What product does your body seem ready to release?

What would make the air in your home feel cleaner?

What cleaning product can you replace today?

6. Clutter, Storage & Visual Overwhelm

Clutter is not just visual. It can create emotional noise, decision fatigue, and a sense that life is harder than it needs to be.

Notice:

- Are important items easy to find?
- Are there piles that have been sitting for weeks or months?
- Are there closets, drawers, or rooms you avoid?

- Are unfinished projects creating stress?
- Is the entryway peaceful or chaotic?
- Are surfaces clear enough to feel restful?
- Does clutter make daily care harder?
- Are you storing items connected to an old identity, grief, resentment, or obligation?
- Does the home have enough empty space?

Supportive Shift

Choose one small zone:

- One drawer
- One shelf
- One countertop
- One bag of donations
- One pile of papers
- One closet corner
- One entryway reset

Ask of each item:

- Do I use this?
- Do I love this?
- Does this support who I am becoming?
- Is this carrying old energy?
- Would my body feel lighter if this left the home?

Reflection

What clutter feels emotional, not just physical?

What area would bring the most relief if it were cleared?

7. Prayer, Stillness & Sacred Space

A healing home needs a place where the spirit can exhale.

This does not need to be elaborate. It can be a chair, a small table, a window, a candle, a journal, a Bible, a plant, a bowl of water, or a simple quiet corner.

Notice:

- Is there a place in the home for prayer or stillness?
- Is there a place where you can sit without being interrupted?
- Are there reminders of God, nature, gratitude, beauty, or peace?
- Does the home make space for reflection?
- Is there an area that feels sacred or set apart?
- Are spiritual objects treated with care?
- Does the home support your relationship with God, your body, and your inner life?

Supportive Shift

Create a simple sacred space with:

- A candle
- A journal
- A Bible or meaningful book
- A plant or flower
- A bowl of water
- A stone, shell, or natural object
- A comfortable chair
- Soft light
- Silence

Reflection

Where in your home can you meet God, your breath, and your body?

What would make stillness easier to access?

8. Emotional Energy of the Home

Homes hold stories. They can hold joy, grief, conflict, illness, stress, transition, and old versions of who we have been.

Notice:

- Are there rooms that feel emotionally heavy?
- Are there objects connected to painful seasons?
- Are there areas associated with conflict, illness, addiction, grief, or stress?
- Does the home feel like it is holding the past?
- Are there items you keep out of guilt, fear, or obligation?

- Is there anything that no longer belongs in the next chapter of your life?
- Does the home feel emotionally safe?

Supportive Shift

Try one:

- Open windows
- Pray through the home
- Remove one object that carries heaviness
- Clean a neglected corner
- Bring flowers or fresh life into a room
- Play peaceful music
- Speak blessing over the space
- Rearrange furniture to create new movement
- Clear an area connected to an old season

Reflection

What part of the home feels ready for release?

What part of the home wants to be reclaimed?

9. Daily Rhythm & Flow

A home can either support rhythm or make every day feel harder.

Notice:

- Is there a simple morning rhythm?
- Is there a peaceful evening rhythm?
- Are meals easy to prepare?
- Is hydration easy to remember?
- Is laundry manageable?
- Are keys, bags, and essentials easy to find?
- Does the home support rest after work or caregiving?
- Are there rhythms for cleaning, nourishment, prayer, and quiet?
- Does the home help you live the way you want to live?

Supportive Shift

Choose one rhythm to simplify:

- Morning tea or hydration
- Evening lights dimmed
- Meal prep area
- Laundry rhythm
- Shoes and bags by the door
- Weekly pantry reset
- Sunday rest preparation
- Daily prayer corner
- Screen-free wind-down

Reflection

What daily moment feels harder than it needs to be?

What rhythm would bring more peace to the home?

10. Your First Home Wellness Reset

Do not try to change everything at once.

Start with the area that will create the most peace.

Choose one:

- Kitchen reset
- Bedroom reset
- Product/fragrance reset
- Lighting reset
- One clutter zone
- One sacred space
- One quiet rhythm
- One nourishing meal routine
- One emotional release area

My first reset area is:

One thing I will remove:

One thing I will simplify:

One thing I will replace:

One thing I will add:

One rhythm I will create:

Closing Reflection

A healing home does not need to be perfect.

It needs to be honest.

It needs to support the body.

It needs to make nourishment easier.

It needs to create room for rest.

It needs to help the nervous system soften.

It needs to reflect who you are becoming.

Home is not separate from healing.

It is part of the healing system.

Gentle Note

This checklist is not medical advice, diagnosis, or treatment. It is a reflective tool to help you notice how your home, food, products, environment, and daily rhythms may be supporting or disrupting healing, recovery, and peace.

For personalized guidance, visit:

carleymontgomery.com

Carley Montgomery

Creating Sanctuary, Nurturing People, Inspiring Transformation