



# THE SPACE AUDIT WORKSHEET

**A Self-Guided Room-by-Room Diagnostic**

**Lolade Ajai | The Sentient Home**

# HOW TO USE THIS WORKSHEET

This worksheet is the companion to The SPACE Audit guide.

It takes the five-step SPACE framework and walks you through it one room at a time, with dedicated space for your observations, reflections, and action steps.

You can use this worksheet alongside the main guide, or independently once you are familiar with the SPACE framework.

Print as many copies as you need. One worksheet per room is the recommended approach.

# **A brief recap of the SPACE framework**

## **S: Sensory Load**

What sensory inputs dominate this space? Notice what you see, hear, smell, and touch. Does the sensory environment feel calming or overstimulating?

## **P: Psychological Safety**

Do you feel emotionally at ease and in control in this space? Or does the room carry associations with stress, criticism, or unfinished demands?

## **A: Atmosphere and Air**

How would you describe the light and air quality? Does the physical atmosphere of the space support the function you need it to serve?

## **C: Cognitive Load**

How much mental effort does this space demand simply by existing within it? Is it easy to think and function here, or does the environment compete for your attention?

## **E: Emotional Resonance**

Does this space reflect who you are now? Or does it carry the imprint of a version of yourself, or a phase of life, that has already changed?

## Instructions

- Choose one room where you spend a significant amount of time, or where you feel most drained or stuck.

Use this worksheet to assess that space first.

- Work through each of the five SPACE dimensions in order. Answer honestly and without judgement.

Your first instinct is usually the most accurate one.

- At the end, identify one micro-shift, one small, low-friction action you can take within the next twenty-four hours.

Not the whole room. One thing.

# S: Sensory Load

**Notice the sensory inputs that dominate this space.**

**What sensory inputs dominate this space?**

- Harsh lighting
- Constant noise, echo, or persistent ticking
- Overwhelming or unpleasant smells
- Too many visual distractions
- Clutter on surfaces or in sightlines
- Extreme temperature or drafts
- Synthetic materials or textures that feel uncomfortable



## **How does my body feel here?**

- Energised
- Calm
- Drained
- Jumpy or on edge
- Shut down or numb

## **Any areas of physical tightness or discomfort when I am in this space?**

## **Quick note: what does my body tell me about this space?**

# P: Psychological Safety

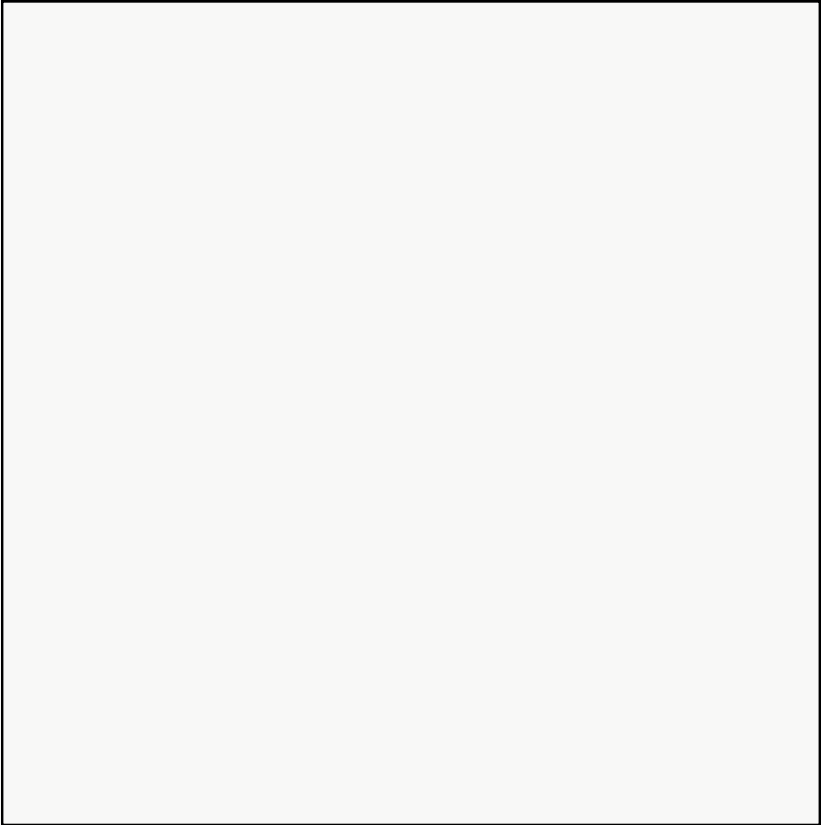
**Consider the emotional associations this space holds for you.**

**Do I feel emotionally safe here?**

- I feel at ease and in control in this space
- I associate this space with criticism or past stress
- There are visible reminders of things I have not done or resolved
- I avoid spending time here when I have a choice
- This space belongs to a version of my life I have moved on from

**What emotional associations or memories live in this space?**

**Does this space feel like mine? Does it reflect who I am now?**



# A: Atmosphere and Air

**Assess the physical conditions of light and air in this space.**

**How would I describe the light in this space?**

- Too dark or dim for the activities I do here
- Too bright or harsh
- Good natural light available at certain times of day
- Flat and shadowless, overhead lighting only
- Warm and layered, multiple light sources at different heights
- Just right for what I need

**How would I describe the air quality in this space?**

- Stuffy or stale
- Fresh and well-ventilated
- Dry
- Damp or humid
- Smells pleasant or neutral
- Carries odours I would prefer not to notice

**How does the light and air in this space affect my focus or mood?**

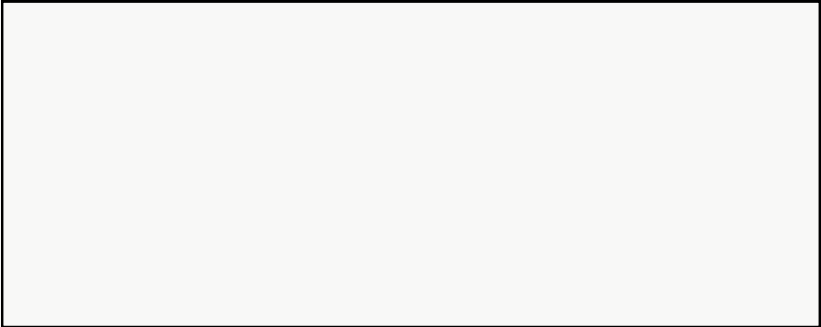
## C: Cognitive Load

**Evaluate how much mental effort this space demands from you simply by being within it.**

**What in this space competes for my mental attention?**

- Piles, clutter, or unfinished projects in my sightline
- Too many objects on surfaces or walls
- Excess visual stimulation through colours, patterns, or competing focal points
- Furniture layout that feels chaotic, blocked, or hard to navigate
- Items that do not belong in this room but have accumulated here
- Nothing significant: this space feels mentally clear

**One thing I could simplify, remove, or rehome in this space is:**

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.

**How does the visual environment of this space make me feel?**

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.

## E: Emotional Resonance

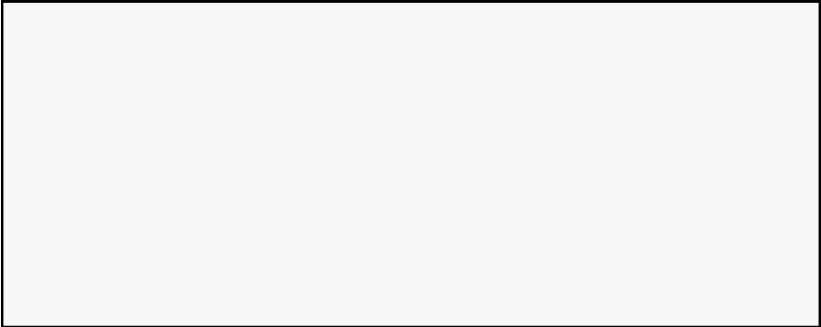
**Reflect on whether this space reflects the version of yourself you are living as now.**

**Does this space reflect who I am becoming?**

- It feels stuck in a past phase of my life
- It reflects expectations or roles I no longer carry
- It supports who I am and how I live now
- I feel emotionally uplifted when I am in this space
- It is neutral: I have not thought much about what it reflects

**One object or arrangement in this space that no longer belongs to the version of me I am becoming:**

**What would this space feel like if it truly reflected who I am now?**

A large, empty rectangular box with a thin black border, intended for a drawing or written response to the question above.

# MY FIRST MICRO-MOVE

Based on your observations across the five SPACE dimensions, identify one small, low-friction action you can take within the next twenty-four hours.

Start with one thing.

Set a timer for fifteen minutes and begin. A micro-shift of fifteen minutes is more powerful than a week of planning.

## **My micro-shift area:**

- One surface
- One chair or piece of furniture
- One drawer
- One corner
- The lighting in this space
- One object I will remove or rehome

**My chosen action:**


- Clear
- Rehome
- Restyle
- Remove
- Replace

**Write your specific micro-move here. Be precise. (For example: clear the surface of my bedside table and keep only what I actually use before I sleep.)**

# REFLECTION

**Once you have completed your micro-move, return to this page and note what you notice.**

**What did I do?**

A large, empty rectangular box with a thin black border, intended for the user to write their reflection on what they did.

**How did the space feel afterwards, even slightly?**

A large, empty rectangular box with a thin black border, intended for the user to write their reflection on how the space felt afterwards.

**What did I notice in my body when I was finished?**

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

**What would I like to address next in this space?**

A large, empty rectangular box with a black border, intended for the user to write their response to the question above.

**Use this worksheet again and again for every room.**

**Start small, feel seen, and take the next right step.**

# READY TO GO FURTHER?

If this worksheet has helped you see your home differently, the NeuroDesign Blueprint™ Sensory Intelligence Diagnostic goes considerably further.

It is a professional-grade assessment that maps how your nervous system interacts with every dimension of your home environment, producing a personalised report with specific design interventions tailored to your sensory profile.

It is the difference between knowing something is wrong and understanding precisely what to do about it.

To find out more or to book your diagnostic, visit:

## **Services**

With warm wishes,

Lolade Ajai

*The Sentient Home*