

# The 10-Point Environmental Wellness Checklist

*Is your space working for the people inside it — or quietly against them?*

Designs that look better, feel better, and work better.

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*Spaces are never neutral. Research consistently shows that the environments where people live, work, and receive care directly affect focus, mood, energy, stress levels, and overall wellbeing. Use this checklist to assess any space — home, office, or organizational facility — against the ten dimensions that matter most.*

## LIGHT

### 01 Natural Light Access

Do occupants have access to natural daylight throughout the day? Are windows positioned to allow daylight without excessive glare? Does artificial lighting support circadian rhythms with appropriate color temperature and intensity by time of day?

## AIR

### 02 Air Quality & Ventilation

Is the space adequately ventilated with fresh air exchange? Are there visible sources of off-gassing — synthetic materials, VOC-emitting finishes, air fresheners masking odors? Do occupants report headaches, fatigue, or respiratory irritation that clears when they leave?

## SOUND

### 03 Acoustic Environment

Can occupants hear and be heard without strain? Is there excessive background noise from HVAC, traffic, or adjacent spaces? Are there quiet zones available for focus, rest, or sensitive conversations?

## NATURE

### 04 Biophilic Connection

Do occupants have visual access to nature — plants, trees, sky, or water? Are natural materials present — wood, stone, linen, clay? Does the space feel alive, or sterile and sealed off from the natural world?

## FLOW

### 05 Spatial Sequence & Movement

Does the layout support natural movement patterns without confusion or friction? Are there opportunities for both focused work and informal gathering? Does the entry sequence create a transition — a moment of arrival — before the primary space begins?

## COMFORT

### 06 Thermal Comfort & Sensory Balance

Can occupants regulate their thermal environment within reason? Are there areas that are consistently too hot, too cold, or drafty? Does the space feel sensory-balanced — neither over-stimulating nor depressingly flat?

## SAFETY

### 07 Psychological Safety & Legibility

Do occupants feel oriented and safe within the space? Are wayfinding and transitions clear? For organizations serving vulnerable populations — does the environment signal safety, calm, and welcome from the moment of entry?

## NOURISHMENT

### 08 Access to Nourishment & Hydration

Is clean water easily and visibly accessible? Are there spaces that support eating and breaks without occupants feeling they must hide or rush? Does the environment support basic physical needs throughout the day?

## RESTORATION

### 09 Restorative Spaces

Is there anywhere in the space to step away, decompress, or recover? Can occupants find a moment of quiet, softness, or solitude when needed? Does the environment give back — or does it only demand?

## IDENTITY

### 10 Authentic Identity & Meaning

Does the space reflect the values and character of the people or organization within it — or does it feel generic, inherited, or misaligned? Does it tell a true story about who lives or works there? Would the people inside it recognize themselves in the space?

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## HOW TO USE THIS CHECKLIST

For each point, ask: does this space pass, partially pass, or fail? Count your passes. 8–10 is a high-performing environment. 5–7 indicates meaningful opportunity. Below 5 means the space is likely costing you more than you realize — in energy, focus, retention, or wellbeing.

### Ready to know what your space is really doing?

An Environmental Wellness Audit goes deeper than this checklist — it delivers a comprehensive written assessment of your specific space with a prioritized, budget-conscious roadmap for meaningful change. Residential and commercial engagements available. Virtual and travel nationwide.

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