CR8V IMPRESSIONS
BY VINISHA
DESIGNING HOMES FOR REAL LIFE

FREE GUIDE · EVERY LIFE STAGE

The Life Stage Room *Audit*

Ten honest questions to find the one room in your home that's working hardest against you.



10	5	1
questions, asked of every room	rooms on one scorecard	clear place to start

For new nesters, growing families and empty nesters alike. · cr8vimpressions.ca

THE 10 QUESTIONS

Ask every room the same ten questions

Pick up to five rooms you use daily. Stand in each one, read the questions, and answer for how the room really is on an ordinary weekday, not on the day guests come over. Score each answer on the next page.

SCORE EACH ANSWER (0) Rarely or never (1) Sometimes (2) Often or always

1	Do things land on counters, tables or floors here because they don't have a home?	Storage
2	Does it look messy again within a day of tidying it?	Storage
3	Do you have to move something before you can do what you came in to do?	Layout
4	Do people bump into, squeeze past or step around things in this room?	Layout
5	Is this room doing a job it was never set up for, like office, playroom or storage?	Life stage
6	Is it holding furniture or things that belong to a past chapter of your life?	Life stage
7	Do you avoid this room, or rush through it?	Feel
8	Does the light feel wrong at the time of day you use it most?	Feel
9	Do you feel a little tense, rather than calm, when you walk in?	Feel
10	Would you close the door if a friend dropped by unannounced?	Feel

YOUR SCORECARD

Score it, room by room

Write 0, 1 or 2 in each box, then add up each column. Swap any room for one you use more, and use the last column for a room of your choice.

Question	Entry	Kitchen	Living room	Primary bedroom	Your pick: _____
1 Things without a home					
2 Messy within a day					
3 Move something first					
4 Bump and squeeze					
5 Doing the wrong job					
6 A past chapter					
7 Avoid or rush through					
8 Light feels wrong					
9 Tense, not calm					
10 Close the door					
Total out of 20					

0 = rarely or never · 1 = sometimes · 2 = often or always · highest possible score per room: 20

The room working hardest against me: _____ Score: ____ / 20

Where most of its points came from (circle one): Storage Layout Life stage Feel

A tie? Choose the room you use most on an ordinary weekday. Small fixes there pay off every single day.

READING YOUR RESULTS

Your highest score is where to start

0–6
Working with you

Leave it. Borrow what works here for other rooms.

7–12
Quietly costing you

One or two small changes will make a real difference.

13–20
Working against you

This room has outgrown your life stage. Start here.

What the pattern is telling you

MOSTLY STORAGE · Q1–2

Things don't have a home

First move: give every everyday item one home, as close as possible to where it gets used.

MOSTLY LAYOUT · Q3–4

The room fights your path

First move: walk your daily route and pull furniture out of it. Aim for a clear path about a metre wide.

MOSTLY LIFE STAGE · Q5–6

The room needs a new job

First move: write down what this room does now, not what it was for, and let go of one piece from the old chapter.

MOSTLY FEEL · Q7–10

It works, but it doesn't feel good

First move: fix the light first. Add a warm lamp at the height of your eyes for the hour you use it most.

FOUND YOUR ROOM?

This audit is the do-it-yourself version of my Home Clarity Session.

Bring me your scorecard on a free 15-minute call. We'll talk through your hardest-working room and the right first step, with the home you already have.

Book your free call

cr8vimpressions.ca · cr8vimp@gmail.com