

The Calm Home Friction Scan

Stand in the doorway for ten seconds. Notice what asks for attention.

Choose one room. The test is not 'Is it tidy?' The test is 'Does this room feel easier to use?'

1 FUNCTION

Can I use the room for its main purpose?

Protect one seat, the bed, a food-prep surface, or the path through the entry.

2 VISUAL REST

Where can my eyes settle?

Clear one main surface. Keep what belongs and give the rest a next step.

3 OPEN LOOPS

What is asking for a decision?

Mail, laundry, repairs, and homeless objects each need a close, a date, or a temporary home.

4 SENSORY CUES

What do I notice after the practical friction is lower?

Adjust light, noise, or scent only after the room can function.

THE DAILY BASELINE

Choose one shared standard: a clear walkway, an available table, or an entryway that makes leaving easier. Give each person one return path.

Room _____

One friction to close _____

Our daily baseline _____

