

## **FREE Biophilic Design Checklist: 25 Actionable Steps to Transform Your Home**

*Transform your living space into a nature-inspired sanctuary with this comprehensive, printable checklist. Each step is designed to bring you closer to a healthier, more harmonious home environment.*

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### **BEGINNER STEPS (Start Here - Easy Wins)**

#### **Direct Nature Connection**

- ☐ **Step 1:** Add one large statement plant to your living room (fiddle leaf fig, monstera, or bird of paradise)
- ☐ **Step 2:** Place 2-3 small plants in your bedroom (snake plant, pothos, or peace lily for air purification)
- ☐ **Step 3:** Create a small herb garden on your kitchen counter (basil, mint, rosemary)
- ☐ **Step 4:** Open curtains/blinds daily to maximize natural light exposure
- ☐ **Step 5:** Add a small water feature or fountain to introduce soothing sounds

#### **Natural Materials & Colors**

- ☐ **Step 6:** Replace one synthetic throw pillow with natural fiber (linen, cotton, or wool)
  - ☐ **Step 7:** Swap plastic storage containers for woven baskets (rattan, jute, or bamboo)
  - ☐ **Step 8:** Introduce one natural wood element (cutting board, picture frame, or decorative bowl)
  - ☐ **Step 9:** Add earthy colors through artwork or textiles (forest green, terracotta, warm beige)
  - ☐ **Step 10:** Replace harsh white light bulbs with warm, soft white LEDs (2700K-3000K)
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### **INTERMEDIATE STEPS (Building Momentum)**

#### **Room-by-Room Enhancements**

- ☐ **Step 11:** Position your desk or main seating to face a window with outdoor views
- ☐ **Step 12:** Add natural fiber area rug to your living space (jute, wool, or sisal)
- ☐ **Step 13:** Install blackout curtains that fully open to flood bedrooms with morning light
- ☐ **Step 14:** Create a cozy reading nook with soft textures and plant companions
- ☐ **Step 15:** Replace bathroom accessories with natural materials (bamboo, teak, or stone)

#### **Advanced Plant Integration**

- ☐ **Step 16:** Group plants in odd numbers (3 or 5) for visual impact in main living areas

- [ ] **Step 17:** Add humidity-loving plants to your bathroom (ferns, air plants, or orchids)
  - [ ] **Step 18:** Install hanging planters to utilize vertical space effectively
  - [ ] **Step 19:** Create plant layers at different heights (floor, table, hanging, wall-mounted)
  - [ ] **Step 20:** Choose air-purifying plants for home office space (spider plants, rubber trees, or ZZ plants)
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## **ADVANCED TECHNIQUES (Maximum Impact)**

### **Design & Architecture**

- [ ] **Step 21:** Install a living wall or vertical garden as a stunning focal point
  - [ ] **Step 22:** Add natural stone elements (river rocks, pebbles, or slate accents)
  - [ ] **Step 23:** Incorporate organic shapes in furniture (curved sofas, round coffee tables, flowing lines)
  - [ ] **Step 24:** Create prospect and refuge spaces (cozy corners where you can observe the room)
  - [ ] **Step 25:** Install skylights or larger windows to increase natural light (if renovation is possible)
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## **ROOM-BY-ROOM QUICK REFERENCE**

### **Living Room Essentials**

- Large statement plant
- Natural fiber rug
- Wood coffee table or accent pieces
- Soft, warm lighting
- Natural color palette

### **Bedroom Sanctuary**

- Air-purifying plants
- Natural linen bedding
- Blackout curtains that fully open
- Essential oil diffuser with calming scents
- Natural wood nightstands

### **Productive Home Office**

- Desk positioned near window

- 2-3 desk plants for clean air
- Natural wood organizers
- Full-spectrum desk lamp
- Natural materials for supplies

### **Kitchen & Dining**

- Countertop herb garden
- Natural cutting boards and serving pieces
- Stone or wood finishes
- Plants that thrive in kitchen humidity
- Natural light for dining area

### **Spa-Like Bathroom**

- Humidity-loving plants
- Natural stone or wood accessories
- Pebble bath mats
- Bamboo storage solutions
- Natural ventilation

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## **RECOMMENDED PLANTS BY EXPERIENCE LEVEL**

### **Beginner-Friendly (Hard to Kill)**

- Snake Plant (Sansevieria)
- Pothos
- ZZ Plant (Zamioculcas zamiifolia)
- Spider Plant
- Peace Lily

### **Intermediate (Moderate Care)**

- Fiddle Leaf Fig
- Monstera Deliciosa
- Rubber Tree (Ficus elastica)
- Bird of Paradise
- Philodendron

### **Advanced (Higher Maintenance)**

- Fiddle Leaf Fig (full size)
- Calathea varieties
- Orchids
- Ferns (Boston, Maidenhair)
- Air Plants (Tillandsia)

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## SHOPPING LIST: NATURAL MATERIALS TO PRIORITIZE

### Textiles

- Linen curtains and bedding
- Wool or jute rugs
- Cotton throw pillows
- Natural fiber baskets

### Wood Elements

- Reclaimed wood furniture
- Bamboo accessories
- Teak bathroom items
- Natural cutting boards

### Stone & Earth

- River rock accents
- Slate coasters
- Ceramic planters
- Natural stone bath mats

### Lighting

- Warm LED bulbs (2700K-3000K)
- Natural material lampshades
- Salt lamps
- Candles with natural wax

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## COMPLETION TRACKER

**Week 1 Goal:** Complete Steps 1-5 (Basic plants and natural light) **Week 2 Goal:** Complete Steps 6-10 (Natural materials and colors) **Week 3 Goal:** Complete Steps 11-15 (Room positioning and

rugs) **Week 4 Goal:** Complete Steps 16-20 (Advanced plant placement) **Month 2+:** Complete Steps 21-25 (Major design elements)

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### QUICK WINS FOR IMMEDIATE IMPACT

1. **Under \$25:** Add 2-3 small plants and natural fiber throw pillow
  2. **Under \$50:** Natural wood cutting board, bamboo organizers, warm light bulbs
  3. **Under \$100:** Large statement plant, natural fiber rug, water feature
  4. **Under \$200:** Multiple plants, natural textiles, stone accents
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### NOTES SECTION

*Use this space to track your progress, note which plants work best in your space, and plan your next biophilic design steps:*

**Plants that thrive in my home:**

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**Natural materials I want to try:**

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**Rooms that need the most attention:**


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**Budget and timeline goals:**

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 *Congratulations on taking the first step toward a more nature-connected home! Remember: biophilic design is a journey, not a destination. Start with what feels manageable and build from there.*

**Share your progress:** Tag us in your biophilic home transformations - we'd love to see your nature-inspired spaces come to life!