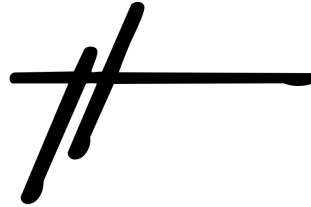


The Daily Rhythm Audit Workbook

Designing for Your Real Life, Not an Instagram Feed



TÜNDE HENDRICKS
DESIGN

tundehendricksdesign.com

Welcome to Your Daily Rhythm Audit

When you picture your ideal home, what do you see? True luxury isn't about living in a staged museum where you're terrified to spill a glass of wine or leave a coat on a chair. It's about creating a space that moves with you, supports your daily rituals, and functions effortlessly from morning to night.

Before you choose paint swatches, select stone slabs, or order furniture, this workbook will help you map out **how you actually live**. By identifying where daily friction occurs and celebrating your household's unique lifestyle, we can create custom design solutions that make keeping your home beautiful completely effortless.

Section 1: Household Profile & Lifestyle Dynamics

Complete this section first to establish the baseline needs of your home.

1. Occupants & Flow

- How many adults live in the home full-time?

- How many children (and what ages)?

- Do you have frequent overnight guests or visiting family?

2. Pets & Living Needs

- Types, sizes, and number of pets:

- Where do they sleep/eat?

- Pet management pain points (e.g., mud tracking, paw wipes, leash storage, litter/food visibility):

3. Hobbies, Work & Rituals

- **Work-From-Home (WFH) Needs:** How many remote workers? Private office needed or flexible nook?

- **Active Hobbies / Fitness:** Sports gear, yoga space, musical instruments, craft or art supplies?

- **Entertaining Style:** Casual family dinners, large holiday gatherings, outdoor hosting, or quiet wine nights?

Section 2: The 5-Step Daily Rhythm Audit

Run through these steps over a 48-hour period with a pen in hand.

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| AUDIT FORMULA: |
| Observed Behavior + Spatial Friction Point = Custom Design Solution |
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Step 1: The Morning Rush & Rituals

Observe your routines from alarm ringing until you leave the house or sit down to work.

- Where are the morning bottlenecks? (e.g., bathroom counter traffic, coffee station crossover)
- Does your coffee/tea setup feel like a calm, restorative ritual or a cluttered scavenger hunt?
- Where do you get dressed, and how accessible are your daily essentials?

Step 2: The "Drop-Zone" & Transition Check

Walk through your home at 5:00 PM or immediately upon returning home.

- Where do keys, bags, mail, coats, and shoes *actually* land when you walk in?
- What item currently creates the most clutter near your entryways?
- *Design Note:* Clutter is rarely a discipline issue; it is almost always a storage-location issue.

Step 3: The Evening Wind-Down & Relaxation

Observe your environment as daylight fades and you prepare for rest.

- Is your overhead lighting harsh or glaring when you want to relax?
- Is there a comfortable, ergonomic spot for everyone to read, watch TV, or talk?
- Where do phones, tablets, and devices get plugged in overnight? Are cords on display?

Step 4: The Weekend & Leisure Reality Test

Observe how your home handles weekend relaxation, hobbies, and family time.

- Does your kitchen island allow family or guests to gather without blocking the chef?
- Is your dining table being forced to serve as a desk, craft table, AND eating area?
- Where does weekend clutter (board games, throw blankets, outdoor gear) accumulate?

Step 5: Household Dynamics

Evaluate long-term lifestyle factors and daily living requirements.

- How will your household dynamics change over the next 3–5 years (e.g., aging in place, growing kids, new pets)?

Section 3: Room-by-Room Audit Worksheet

Use this matrix to pinpoint friction points and draft real-life design solutions.

Room / Area	Current Friction Point / Daily Clutter	How You WANT to Use This Space	Proposed Real-Life Design Solution
Primary Entry / Mudroom	<i>Example: Shoes & dog leashes pile on floor.</i>	<i>Seamless drop zone for 4 family members.</i>	<i>Custom millwork with shoe drawers & concealed hooks.</i>
Primary Entry / Mudroom			
Kitchen & Pantry			
Living / Family Room			
Primary Bedroom & Bath			
Home Office / Flex Space			
Dining Area			

Next Steps: Bringing Your Audit to Life

Once you've completed this audit workbook, you'll have a complete blueprint of your spatial needs and lifestyle rituals!

Ready to translate your real-life audit into a bespoke home design?

- **Website:** tundehendricksdesign.com
- **Contact:** tundehendricksdesign.com/contact
- **Consultations:** Schedule a personalised interior design consultation to review your Daily Rhythm Audit and start building a space that works for you.