

THE SURROUNDINGS AUDIT

A quiet look at what already fills your life.

Everything around you is shaping how you live, quietly, whether you've noticed it or not. Just look, consciously, at five objects in your immediate environment.

I. PRESENCE

- Why is this here?
- Do I actually use it, or has it become invisible, part of the clutter?

II. MATERIALS

- Is it the right material for what it actually needs to do?
- Was it made with care, or just made fast?

III. ORIGIN

- Can you name the maker, or does it just show a stamp that says where it was produced?
- Does the brand behind it stand for specific values?

IV. LONGEVITY

- Has it ever been repaired, or only ever replaced?
- If it broke tomorrow, could you fix it? Do you throw it away and buy a new one?

V. RENEWAL

- If it vanished tomorrow, would you miss it, or feel lighter?
 - Does it still earn its place in your world?
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A FURTHER THOUGHT

Nothing here needs changing today. Looking attentively is the whole exercise. What stays should stay because it still earns its place, not just because you added it once and never thought about it again.

