

LIVING ROOM

30 Minutes to create a calmer, softer, more peaceful space..

1. Clear the Visual Noise Minutes: 0-5

- ☐ Clear all surfaces, coffee tables, side tables, and media consoles.
- ☐ Add back only:
 - One meaningful object
 - book you're currently reading
 - candle or small plant
- ☐ Store everyday clutter in a basket or drawer.

2. Shift the Lighting Minutes: 5-10

- ☐ Turn off overhead lights
- ☐ Turn on lamps.
- ☐ Open curtains halfway
(or soften harsh light).

Soft light = softened mood.

3. Rework the Layout Minutes: 10-15

- ☐ Angle one chair inward.
- ☐ Pull furniture slightly away from walls.
- ☐ Center the coffee table.

Relaxed rooms feel intentional, not scattered.

4. Add Texture Minutes: 15-20

- ☐ Drape a throw casually.
- ☐ Fluff pillows.
- ☐ Swap pillows from another room.
- ☐ Add a woven basket.

Layered rooms feel lived-in.

5. Remove One "Hard" Element Minutes: 20-25

- ☐ Hide one glossy or overly shiny object.
- ☐ Reduce bold patterns if overwhelming.
- ☐ Tuck away visible electronics.

Relaxed spaces lean matte, natural and grounded.

6. Create a Micro Moment Minutes: 25-30

- ☐ Style one small area intentionally.
- ☐ Use a grouping of three items.
- ☐ Vary heights slightly.
- ☐ Adjust until it feels balanced.

Arrangement > acquisition.

Lift Your Mood in 5

Reset the room anytime.
Five steps in five minutes.

- ☐ Clear the coffee table.
- ☐ Turn on a lamp.
- ☐ Fold the throw blanket.
- ☐ Fluff the pillows.
- ☐ Light a candle or open the curtains.

RELAXED MOOD REMINDER

Your space doesn't have to be perfect. It just has to feel like a soft place to land at the end of the day.

