

# THE 30-MINUTE RELAX RESET

A simple mood shift using what you already own.

MOOD: RELAXED    Soft neutrals · Warm light · Natural textures

## Minute 0–5: Clear the Visual Noise

- Remove everything from coffee table, side tables, and media console
- Add back only 1–3 meaningful items
  - Keep one book you're currently reading
  - Add one candle or small plant
- Store remotes, mail, and cords out of sight

## Minute 5–10: Shift the Lighting

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

Soft light = softened mood.

## Set Your Intention

How do I want this room to feel?

## Minute 10–15: Rework the Layout

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

Relaxed rooms feel intentional, not scattered.

## Minute 15–20: Add Texture

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

Layered rooms feel lived-in.

## Minute 20–25: Remove One “Hard” Element

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

Relaxed spaces lean matte, natural, and grounded.

## Minute 25–30: Create a Micro Moment

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

Arrangement > acquisition.



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Designed by mood, not by trend.