

CALM HOME STARTER CHECKLIST

Declutter With Intention

- ☐ One-room-at-a-time rule
- ☐ Create "Keep / Donate / Recycle" boxes

Add Natural Textures

- ☐ Linen curtains / jute rug / wood accents
- ☐ DIY: Refinish a thrifted table

Choose Your Palette

- ☐ Pick 2 main neutrals + 1 accent color
- ☐ Test samples in morning & evening light

Let the Light Flow

- ☐ Sheer curtains or blinds
- ☐ Replace bulbs with 2700–3000K LEDs

Tell Your Story Through Décor

- ☐ Frame handwritten quotes or recipes
- ☐ Display only meaningful objects

Bring Nature Indoors

- ☐ Add 2 easy plants (snake, pothos, ZZ)
- ☐ Paint or wrap planters in soft tones

Carve Cozy Corners

- ☐ Reading nook / tea table / journaling spot
- ☐ Use rugs or lights to define each zone

Engage the Senses

- ☐ DIY room spray: water + witch hazel + lavender oil
- ☐ Soft playlist or white-noise app

Simplify Daily Flow

- ☐ Drop zone near entry
- ☐ Morning ritual tray with candle + journal

Let It Evolve

- ☐ Swap art seasonally
- ☐ Rearrange furniture every few months

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