

Create a Home That Feels Like a Deep Exhale

A Cozy Minimalist Starter Kit for the Quiet Soul



A Glow After the Storm Journal
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Welcome Home

A Space That Holds and Heals You

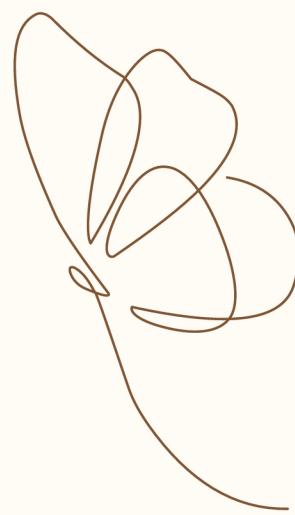
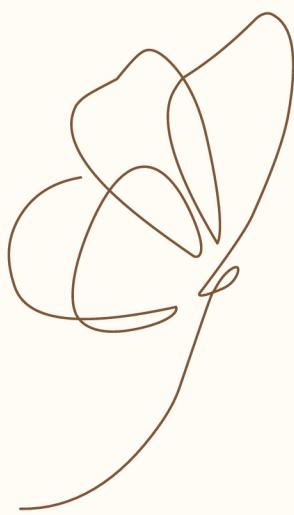
This guide is for the woman who craves stillness after a loud day, who finds comfort in quiet mornings, who wants her home to feel like a reflection of her soul – not society's noise.

Cozy minimalism isn't about owning less for the sake of aesthetics. It's about creating more space for what matters most: peace, presence, and meaning.

Here, you'll find gentle practices for simplifying your space while keeping your warmth – so your home becomes more than decor. It becomes your sanctuary.

Quote:

"Your home should feel like peace – not performance."



Simplify Your Space Without Losing Warmth

You don't need to overhaul everything overnight. Cozy minimalism grows gently, like morning light. Start small — one shelf, one surface, one corner — and let your energy guide the rest.

Checklist:

- Begin with a feeling, not a rulebook.
- Choose calming colors: cream, sage, blush, or sand.
- Edit objects until only the meaningful remain.
- Layer textures: linen, rattan, ceramics, wool.
- Display memories that warm you, not overwhelm you.
- Add plants — living reminders to breathe slowly.
- Light a candle each evening to mark your daily exhale.
- Keep surfaces clear but not sterile — add life through softness.

- Let natural light be your decor.
- End each week with a “mini reset” — tidy with gratitude.



Reflection & Color Palette

Reflect. Reset. Redesign.

Cozy minimalism is as much an inner process as an outer one. These journal prompts help you declutter your emotions before your shelves.

What objects in my home carry emotional weight I no longer need?

What colors or materials make me feel most at ease?

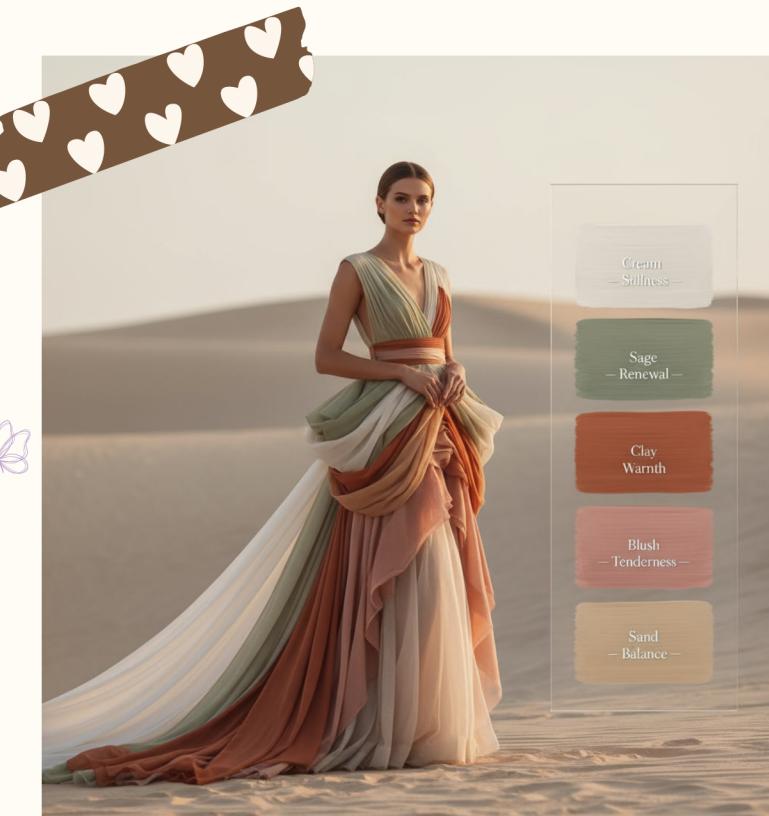
Which spaces in my home feel like “me”? Which don’t — and why?

How do I want to feel when I wake up and when I return home?

Mini Color Palette

Reflect. Reset. Redesign.

This palette blends calming neutrals that soothe the senses. Cream brings stillness, Sage offers renewal, Clay adds warmth, Blush brings tenderness, and Sand creates gentle balance — together forming a peaceful foundation for any healing, minimalist space.



The Grounding Ritual

A Simple Ritual to Ground Your Space

Your home can mirror the calm you seek – if you give it your presence. Try this short ritual each week to reconnect with your environment and your inner peace.

- Choose a natural scent – lavender for calm, cedarwood for grounding, or orange blossom for renewal.
- Light a candle or diffuse oil while you tidy or journal.
- Touch texture consciously – notice the softness of linen, the warmth of wood, the coolness of ceramic.
- Pause and take a slow, mindful breath. Feel your body settle.
- Repeat weekly – make it a ritual of self-return, not just a cleaning habit.

Closing

Your home is not a project.

It's a relationship – and you deserve one built on ease and love.

