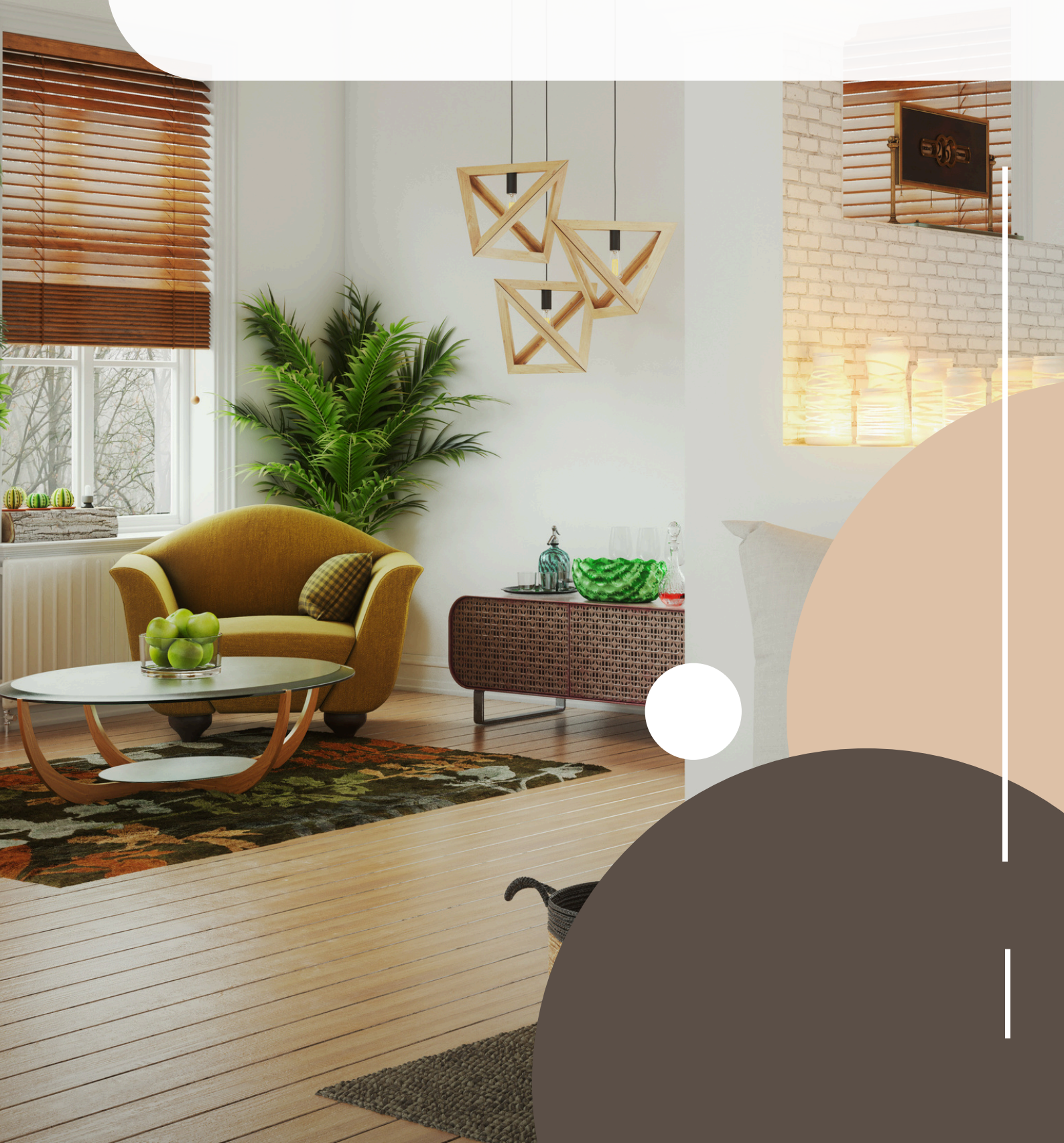
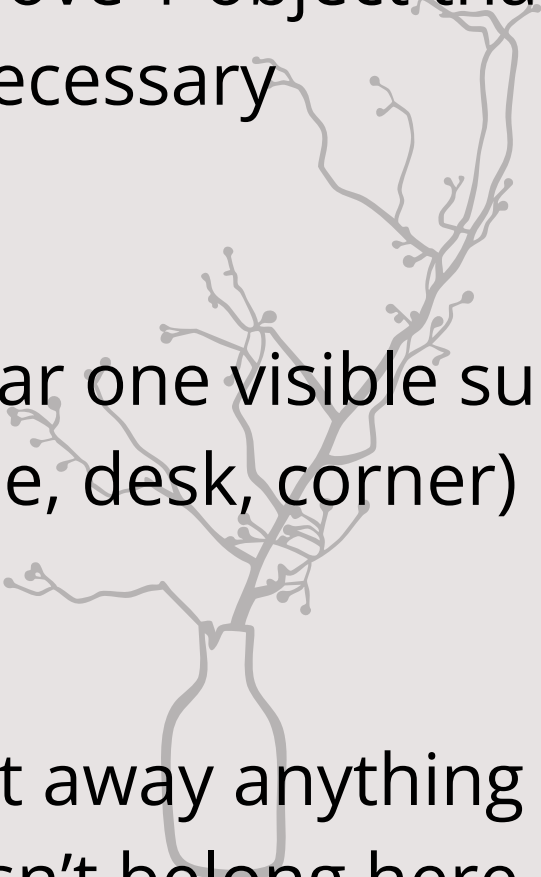


10-Minute Space Reset

A simple way to make your space feel calm again



STEP 1 — REDUCE (3 minutes)

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- ✔ Remove 1 object that feels unnecessary
 - ✔ Clear one visible surface (table, desk, corner)
 - ✔ Put away anything that doesn't belong here

Goal: reduce visual noise

STEP 2 — SOFTEN (4 minutes)

☑ Add one soft texture (fabric, cushion, rug)

☑ Introduce something natural (plant, wood, ceramic)

☑ Adjust one hard edge (add cloth, move object, soften corner)

Goal: make the space feel grounded

STEP 3 – DIM (3 minutes)

☑ Turn off harsh overhead lighting

☑ Switch to warm, softer light

☑ Add one light at eye level (lamp or indirect light)

Goal: create calm through lighting

FINAL CHECK (30 seconds)

☑ Does the space feel quieter?



☑ Do I feel more relaxed here?



If yes — stop. Don't add more.

You don't need more space.
You need a different way of seeing it.