

CALM HOME STARTER KIT



**CREATE A SPACE THAT
SUPPORTS YOU IN UNDER
10 MINUTES**

BY MUSKAN KAUR

Your home shouldn't feel like something you need to escape from.

But sometimes, even when everything looks fine... something feels off.

Not wrong. Just slightly uncomfortable.

This guide is not about redesigning your home.

It's about noticing what your space needs—and making small changes

that shift how it feels.

You don't need more.

You need alignment.

Let's begin.

The 10-Minute Space Reset

If your space feels heavy, do this:

- Reduce

Remove one unnecessary object.

- Soften

Add one natural texture (fabric, wood, or plant).

- Dim

Lower or warm your lighting.

Then stop. Don't keep adjusting.
Let your body feel the difference.



What Feels Off?

Sit in your space for a moment and ask:

- Do I relax here without trying?
- Does the light feel soft or harsh?
- Is there too much visual noise?
- Does the space feel empty or heavy?
- Do I stay here—or leave quickly?

You don't need to fix everything.

Just notice one thing.

Start there.

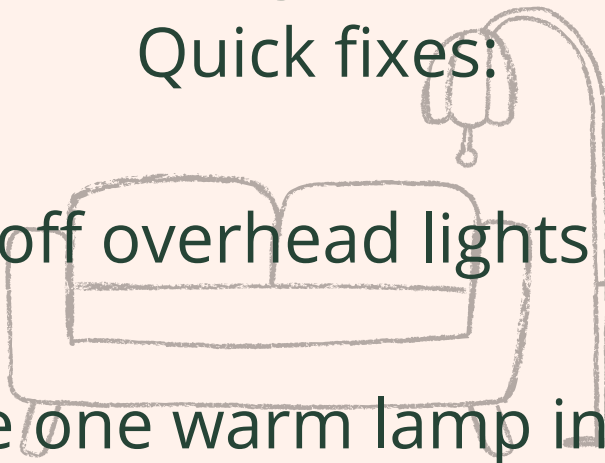
Fix Your Lighting in 2 Minutes

Most spaces don't feel wrong because of furniture.

They feel wrong because of light.

Quick fixes:

- Turn off overhead lights at night



- Use one warm lamp instead
- Add a soft light source at eye level

If a space feels harsh

It's not too dark.

It's too direct.

One Plant. Big Impact.

If you only add one plant, place
it here:

- In a corner → softens the room
- Near seating → creates calm
- Between spaces → defines zones

You don't need many plants.
You need the right one in the
right place.

The Small Shift That Changes Everything

You don't need to redesign your
home.

You need to adjust what's
already there.

One softer light.

One removed object.

One added texture.

That's how spaces change.
Not all at once.

But in a way that lasts.

This is just the beginning.

If you want a home that works
with your mind not against it

I've shared more tools,
guides, and ideas here:



<https://www.justbeyou-online.com/>

Take what you've started
here...
and build something you can
feel every day.