

Minimal Shopping Guide

You do not need to buy everything at once.

Start simple.

Focus on pieces that create emotional comfort and softness.

Helpful calming bedroom items may include:

- Warm bedside lamp
- Soft neutral bedding
- Linen or cotton throw blanket
- Woven basket for clutter control
- Candle or calming room spray
- Small plant or natural decor
- Warm-toned light bulbs
- Comfortable pillows
- Simple curtains that allow natural light
- Wooden or textured decor pieces


Choose slowly.

Choose intentionally.

And most importantly, choose what genuinely helps your room feel peaceful to you.

www.justbeyou-online.com

7-Day Bedroom Reset Plan

- 
- Day 1** Clear visible clutter and trash.
 - Day 2** Reset the bed and refresh bedding.
 - Day 3** Improve lighting with warm lamps or bulbs.
 - Day 4** Declutter one emotionally heavy area.
 - Day 5** Add calming textures and natural elements.
 - Day 6** Create a peaceful nighttime routine.
 - Day 7** Style the room with meaningful personal touches.

Calm Bedroom Checklist

- Make the bed
- Clear visible clutter
- Open curtains for natural light
- Use warm lighting at night
- Remove emotionally draining objects
- Keep surfaces visually calm
- Add comforting textures
- Create a soft nighttime routine
- Reduce phone use before sleep
- Add one meaningful personal item
- Refresh the room with fresh air
- Keep the sleeping area peaceful
- Reset the room for five minutes daily