

# The Cozy Home Reset: A Fun, Mood-Boosting Challenge

*A cozy home isn't about perfection—it's about how it makes you feel.*

A cozy home isn't created overnight—it's built through small, intentional moments. This guide isn't just a list of tasks—it's a playful, interactive way to refresh your home, one surprise challenge at a time!

## ■ Kitchen – The Heart of the Home

*A dash of warm lighting, a sprinkle of decluttering, and a touch of fresh herbs for an inviting space.*

### ■ Cozy Essentials

- ✓ Under-cabinet lighting for a soft, warm glow.
- ✓ A designated 'coffee or tea ritual' station.
- ✓ Fresh ingredients like lemons or herbs to bring life to the space.

### ■ Quick Action Steps

- ■ Clear countertops—store non-daily appliances for a cleaner look.
- ■ Set up a small 'morning ritual' space (tea, coffee, or smoothie station).
- ■ Toss expired pantry items & reorganize your most-used ingredients.

### ■ Cozy Reflection

- What's one small change that would make cooking feel easier and more enjoyable?

## ■ Living Room – The Heart of Relaxation

*Layered lighting, soft textures, and clutter-free surfaces create a calm and inviting space.*

### ■ Cozy Essentials

- ✓ Dim lighting (lamps, candles) instead of harsh overhead lights.
- ✓ A cozy throw blanket and soft cushions for instant comfort.
- ✓ Decor that feels intentional, not overwhelming.

### ■ Quick Action Steps

- ■ Clear off cluttered surfaces (coffee table, TV stand, side tables).
- ■ Adjust lighting to create a cozy ambiance in the evening.
- ■ Add a small plant or nature element for warmth.

### ■ Cozy Reflection

- Does your living room invite you to unwind, or does it feel visually stressful?

## ■ Bedroom – Your Sleep Sanctuary

*A blend of soft lighting, calming scents, and minimal distractions for restful sleep.*

### ■ Cozy Essentials

- ✓ Warm-toned bedside lighting to set a calming mood.
- ✓ A small tray for nightstand essentials (book, candle, or journal).
- ✓ Soft bedding in breathable fabrics for a cozy, relaxing sleep.

### ■ Quick Action Steps

- ■ Make the bed—it instantly makes the room feel more peaceful.
- ■ Declutter your nightstand, leaving only essentials.
- ■ Try a lavender or chamomile scent before bed to promote relaxation.

### ■ Cozy Reflection

- What's one thing you can remove from your bedroom to make it feel more restful?

## ■ Bathroom – A Spa-Like Escape

*A clean space, soft textures, and refreshing scents make your bathroom feel like a mini-retreat.*

### ■ Cozy Essentials

- ✓ Warm lighting instead of harsh fluorescent bulbs.
- ✓ A tray or organizer to keep essentials tidy.
- ✓ Eucalyptus or lavender-scented products for a refreshing touch.

### ■ Quick Action Steps

- ■ Wipe down sink, mirror, and faucet for an instant refresh.
- ■ Toss expired skincare, makeup, and toiletries.
- ■ Roll or neatly fold towels spa-style to add a luxury feel.

### ■ Cozy Reflection

- Does your bathroom feel like a place to refresh, or does it feel cluttered?

## ■ Entryway – First Impressions Matter

*A clutter-free entryway makes leaving and coming home feel effortless and welcoming.*

### ■ Cozy Essentials

- ✓ A designated spot for keys, bags, and shoes.
- ✓ Soft lighting or a small plant for a warm welcome.
- ✓ A calming scent like sandalwood or citrus near the entrance.

### ■ Quick Action Steps

- ■ Organize shoes and coats—store only daily-use items in the entryway.
- ■ Clear out unnecessary items (mail, keys, bags) from surfaces.
- ■ Shake out the entry mat and sweep to keep the space fresh.

### ■ Cozy Reflection

- Does your entryway make you feel happy when you walk in? If not, what's one small fix?

## ■ The Surprise Reset Challenge

Not a fan of rigid schedules? No problem! Instead of following a set plan, this surprise reset challenge lets you refresh your home in a fun, spontaneous way.

### ■ How It Works:

- ✓ Write down the challenges below on small pieces of paper and put them in a jar.
- ✓ Each day (or whenever you feel like it), pick one at random and complete it!
- ✓ No pressure, no schedule—just small, joyful resets for your home.

### ■ Your Surprise Reset Challenges:

- ✓ ■ Roll a dice & declutter that many items from your nightstand.
- ✓ ■ Spin a wheel (or randomly pick a number) to choose which space to reset today.
- ✓ ■ 10-Minute Cozy Challenge: Pick one area & improve it in 10 minutes.
- ✓ ■ Swap one harsh lightbulb for a warm-toned bulb for instant coziness.
- ✓ ■ Light a candle & take a deep breath in your newly refreshed space.
- ✓ ■ Take a before-and-after photo of one small area you reset today!

*A cozy home isn't about perfection—it's about creating a space that makes you feel good every day. Try a surprise reset today and enjoy the small shifts that bring joy to your space!*