

# BEDROOM RETREAT

## Refresh Worksheet

### Bedding Refresh

- ☐ Wash sheets
- ☐ Rotate mattress (if needed)
- ☐ Fluff pillows
- ☐ Vacuum under bed
- ☐ Wipe lamps & nightstand
- ☐ Swap seasonal layers

### Nightstand Reset

What stays?

What goes?

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### Cozy Upgrade

I want to add:

- ☐ New throw
- ☐ Fresh flowers
- ☐ Room spray
- ☐ Reading light
- ☐ Rearrange room
- ☐ Other: .....

Which small refresh made the biggest difference?

Did I find it easier to relax at night?

One cozy detail I want to add next month:

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