

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: