

# Bedroom Edit

WORKBOOK



## KNOW YOUR WHY

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A calm and tidy bedroom will help you to tune out from the stresses of your day more effectively and improve your sleep.

Before we get started, ask yourself why you want, or need to, simplify your bedroom.

**How does your bedroom currently make you feel?**

**How well do you sleep?**

**What are the problem clutter areas?**

**What is your primary motivation for making a change?**

**What are your bedroom goals?**

1.

2.

3.

## DECLUTTER + SIMPLIFY

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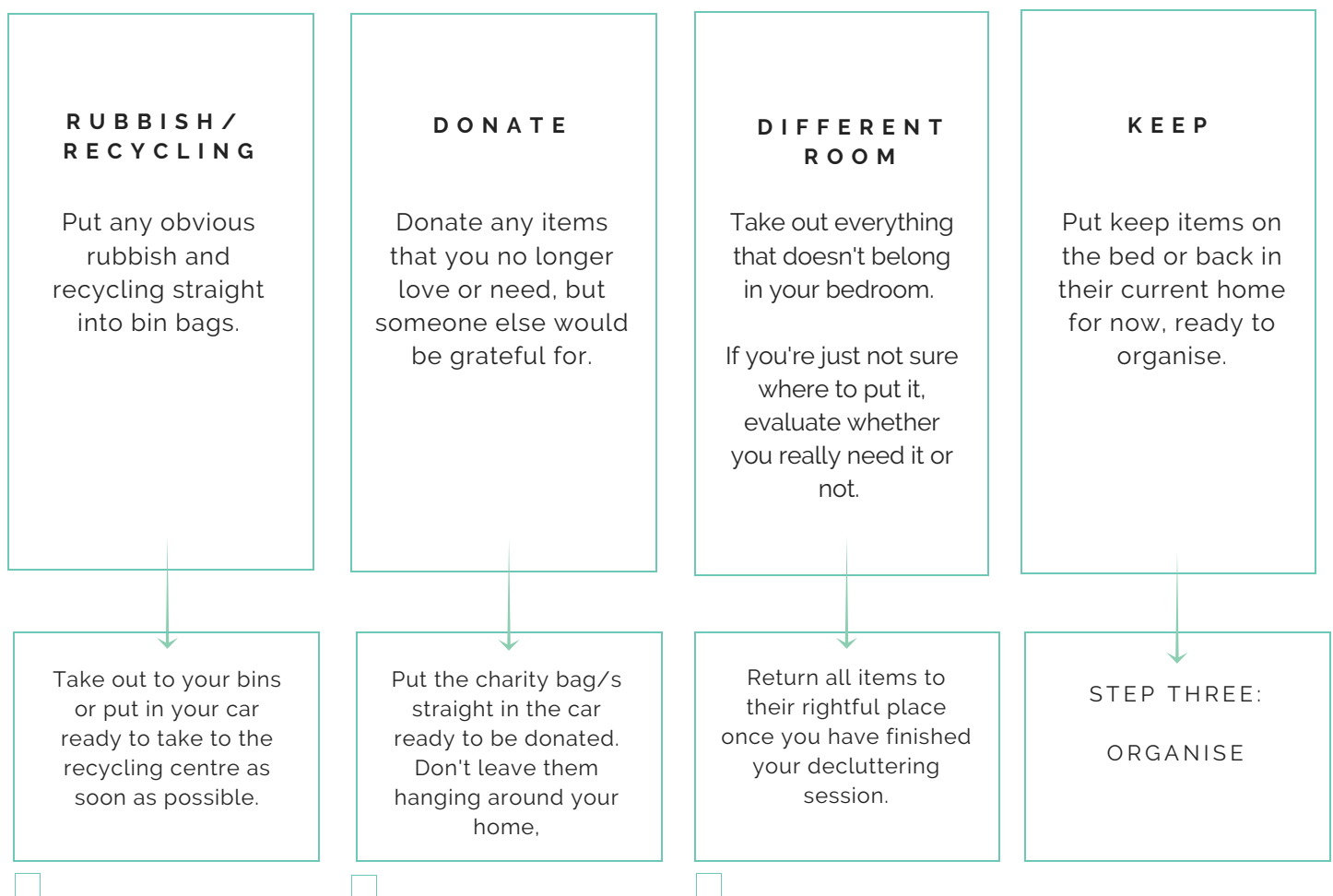
Now we can start the decluttering process. Work your way around the room methodically and thoroughly - one drawer, shelf, surface or small area at a time - so that you do not become overwhelmed. Keep working your way around the room (in one or a couple of sessions) until all you have left is the things that you want to keep.

The wardrobe and your clothes are a separate project, so don't worry about those for now. We'll get onto those later.

Don't forget under the bed! If you are in the habit of tidying away under the bed, now is the time to stop. It's too easy for things to disappear under there. You'll be amazed how clearing things you thought were hidden can transform the feeling, light and space of a room.

Each item has to be placed into one of the following sorting categories. Think:

Do I love this item? Do I use this regularly and when? Does it enhance my life? Can I live without it?



## SELL

You can have a sell category if needed, but really think about, realistically, what the items are likely to sell for, and if your time and effort are worth the return. Have a quick search on eBay for similar sold items to give you an idea (don't forget to take out the eBay and PayPal fees).

## ORGANISE

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Once you have worked your way around the room, decluttered all areas and are left with only the things that you want to keep, it's time to get organised.

If you haven't already started to do this during the decluttering step, start to sort your items into 'like for like' categories. There shouldn't be too much stuff in your bedroom (and we are not working on wardrobe items at the moment) so this shouldn't take too long to do.

Stick a 'Post-it' note or label on each category and think about the best place for each category to live based on how and when you use each category, and space you have. Use the space on the opposite page to make notes.

### A PLACE FOR EVERYTHING

"A place for everything and everything in its place". I'm sure that you've heard this saying before, but it is so true and essential for maintaining tidiness.

Put things that you use daily/regularly in an accessible space and things that you less frequently in less accessible spaces.

Don't try and use the space more efficiently by cramming everything into one drawer. Make things easy to locate, easy to access and easy to put away.

### FURNITURE

Try and minimise the furniture that you have in the room. Really think about what you need to store in there. You may be surprised at how little furniture you actually need. Look around your room at what you use on a regular basis (and not just for piling stuff on). Would it be better suited in another room? or gone?

Just because a bedroom furniture set came with 6 pieces doesn't mean that you need to buy, or keep, them all. If you have un-needed furniture you will just fill it with stuff.

If you do need it all, is it arranged in the best way to create space and calm? The physical layout of any space has a huge impact on how easy it is to use, and how you feel when you are in it. Do you find that when you walk into your bedroom that you bump into furniture or can't open drawers? Rearranging your furniture can make your bedroom feel like new and less cluttered. Keep pathways and the flow around clear and plan your zones within the room.

## ORGANISE

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Before you begin the store step, think about how you use your bedroom. It's a good idea to do this to make sure that any systems and storage you put in place have the best chance of staying in place once set up. Think about the natural zones in the room. Consider the activities that you do in the room and where you do them.

## STORE + CONTAIN

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Now is the time to think about if there is any storage that you need to invest in. Use the next page to write a list of things that you need. First shop the house to see if you have anything you can make use of and repurpose for your bedroom, then have a look online and lastly if you need to shop in stores.

Make sure that you measure the space for where storage is needed and take a photo of the space to refer back to when shopping.

Put up hook, racks, and shelves where needed.

Boxes can be kept on top of the wardrobe for items not used regularly.

Use trays or beautiful dishes on surfaces to keep all small items together.

### BED LINEN

Keep a maximum of three sets per bed. One in use, one in the laundry and one spare. Store bed linen neatly by putting the bedding set inside one of the pillowcases, that way it's ready and easy to grab when you need to change the bed.

You can either store all of your linen in a linen cupboard, if you have one, or in a drawer or box under the bed in each person's room.

When you consolidate your linens you may be surprised at how many you have. Sheets and pillowcases tend to multiply when you're not looking! We buy new sets when the old ones get shabby and they then get relegated to a 'just in case' pile.



## STORE + CONTAIN

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### Storage items needed

Make sure that you take measurements and take photos if needed, so you only have to shop once.

*Notes*



## MAINTAIN

### Habits, Routines and Rituals

Don't fall into the trap of thinking that once you have organised your bedroom you're done. You'll only feel like a failure when you have to tidy it up again in a week or so.

Regular upkeep is necessary, regardless of how clear and tidy the room is now. There is no point in getting organised if you are not going to stay organised. Just enjoy how much easier it will be to tidy up now that everything has a place.

It's worth reflecting on the goals that you wrote down at the beginning of this project to keep you motivated so that your efforts don't go to waste.

#### **Put things away**

Such a simple one - but, if you use something, put it back when you're finished. It's not difficult but it does take a behaviour change, particularly if you are used just leaving stuff lying around. Hopefully, once you've decluttered and organised you'll feel better and more motivated to keep it tidy.

Make it a habit of folding, hanging up or putting clothes in the laundry basket as soon as you take them off. Don't just chuck them on the bed or a chair as once that starts it's all too easy for more mess to follow. Scan the room for wayward clothes before you go to bed and you'll wake up feeling calmer in the morning.

Put your cosmetics in a basket or container and make sure that all accessories like shoes, belts, handbags and jewellery have a place to live.

Make it a goal to keep the surfaces in your bedroom as clear as possible.

#### **Set boundaries and limits**

Set boundaries for yourself around how much stuff can live in your bedroom. Setting boundaries will help to ensure those excess items don't build up. Remember that this space is your sanctuary - not a storage space for anything and everything that doesn't have a home.

Purge and declutter on a regular basis. If you go too long without having a clear out, you'll find yourself overwhelmed by too much stuff and be tempted not to deal with it. Develop a habit of sorting through your things and getting rid of items you no longer want or need on a regular basis.

#### **Devise a cleaning schedule**

Set aside a little bit of time each week to clean and tidy your room. That doesn't mean that you have to clean each day from 9 am to 9.30am, it's more about creating a regular flow. Dust and vacuum each week, and use safe green cleaners without the nasty chemicals. This will keep it looking fresh and airy and reduces allergens. Open the windows and let the fresh air in!

#### **Make your bed every morning**

Every day try and make your bed. Your bed is likely to be the biggest expanse of space in your room so if this tidy, it will make the rest of the room look tidier and you are less likely to clutter it up.

Making your bed is a simple habit that takes less than a minute and can actually lead to other good habits.

Starting your day with a small accomplishment will give you a small sense of pride and achievement and encourage you to do another and another. It's linked to better productivity, a greater sense of wellbeing and has been said to encourage a better night's sleep.

# Enjoy!

## Celebrate your newly tidied area

Maybe with a simple bunch of flowers, a treasured ornament or a scented candle. A newly decluttered surface can seem a rather inviting place to pile of papers or the contents of your handbag. If you decorate the area in this manner, you're reminding yourself that this is now an attractive clear space - not a dumping ground.

Now that everything is in order, it's time to put your feet up and relax in your new sanctuary.

## PERSONALISE YOUR SPACE

This is your space - add some beautiful items to relax you. Of all the rooms in your home, this is the one that can be most personal to you, as fewest people will see it.

Be selective when it comes to the stuff on display (this applies to your whole house). Think of a relaxing hotel room that you've been to or dream bedroom that you've seen a picture of, I doubt there's any clutter, the surfaces are clear and the decor has been carefully chosen to relax you. Treat your bedroom the same way - less is definitely more.

Make it meaningful by showcasing elements of your life.