

Part 2

The

Calm Home

Blueprint

A room-by-room guide to
creating a home that supports
the life you are building



The Calm Home Blueprint



Coming From Part 1

In Part One, you looked honestly at your life across eight dimensions, mapped the gap between where you are and where you want to be, found your values, wrote your Enough Statements, and identified your three Non-negotiable Changes.

If your home environment came up as a significant item in that audit, this part is where you address it. If it did not come up as a priority, you may still find this section useful, because your physical environment is one of the fastest and most tangible things you can change, and the effect on your daily sense of calm is immediate.

Your home is not just a backdrop to your life. It plays an active role in how you feel every day. Physical clutter increases cortisol, the body's primary stress hormone. A home set up for a version of your life you have outgrown may drain your energy, and certainly won't lift it.

This guide is not about achieving a magazine-worthy interior. It is not about minimalism or the performance of having fewer things. It is about creating a home that is genuinely calm enough to live in. One that supports your nervous system and that reflects the woman you are now rather than the woman you were five or ten years ago. It is also about making your home a place that feels like yours.

Remember to use a notebook if you need more space to write. And if you like checklists, there is a Calm Home Blueprint Checklist at the end of this guide that you can use as you work your way through it.

Enjoy the journey...

The Calm Home Blueprint



Section 1 - The Energy Audit

Before you touch a single drawer or clear a single surface, you need to know which spaces are actually draining you and which are already working.

Walk through your home slowly, ideally at a time when it is reasonably representative of its usual state and not after you have tidied for guests. In each room, pause. Notice how you feel in your body. Notice what your eye is drawn to. Notice what you automatically look away from.

Complete the grid over the page.

When you have completed the grid, circle the two or three rooms that showed the highest drain. These are your starting points. Do not try to do everything at once. Begin where you can make the greatest difference.

The Calm Home Blueprint

	What provides calm What works?	What drains energy? What does not work?	One change that would help the most
Kitchen			
Bedroom 1			
Bedroom 2			
Bedroom 3			
Bedroom 4			
Bathroom			
Living/ Dining room			
Office/ workspace			
Wardrobe/ dressing area			
Play/chaos room			
Entry/ Hallway			

The Calm Home Blueprint



Section 2 - The Good Enough Home Principle

The trap that catches most women who begin a home simplification project is perfectionism. You begin decluttering the bedroom and decide you cannot stop until it is completely done. You spend four hours, exhaust yourself, feel vaguely dissatisfied with the result because your vision of what it could be is cleaner and calmer than what you have achieved, and you do not go back to it for three months.

Or you decide the whole house needs to be done before you can feel calm in any of it, and the size of the task overwhelms you before you have begun. The Good Enough Home Principle is an antidote to both of these patterns.

What Good Enough Means

Good enough means calm enough to live in without constant low-level stress. Organised enough to find what you need. Clear enough to breathe in the space. Honest enough to reflect who you actually are, not who you were or whom you imagine you should be.

Good enough is a standard you can maintain without the space becoming a project that consumes your energy. A home that is 80% of your vision and requires no ongoing heroic effort to maintain is significantly better than a home that is 100% of your vision.

Write some words or sentences about what Good Enough looks like for you in your home: _____

Keep this in mind as you go through the next section!

The Calm Home Blueprint



Section 3 - The Room Reset Guides

What follows is a practical guide for each key space in your home. For each room, you will find four things: what to consider removing, what to organize or simplify, what to stop tolerating, and specific daily, weekly and monthly actions. There is also an added bonus - one thing that will make a big difference in making each space calmer to live in.

The word "consider" is important. You are being asked to look at things honestly and decide whether items are earning their place in your home and your life. There will be easy decisions, and others you may need to think about. Just go with the process.

The Calm Home Blueprint



The Kitchen

What to consider removing

- Duplicate utensils & gadgets used fewer than three times a year
- Expired pantry items
- Containers without lids and lids without containers
- Mugs, glasses, pots, pans, and plates beyond what you genuinely use
- The contents of the "everything drawer" that are neither useful nor findable.

What to organize or simplify

- Group pantry items by category so you can see what you have at a glance - decanting into similar see-through containers does make for a calmer space
- Create one clear surface that you commit to keeping clear permanently
- Store items by how often you use them: daily items at easy reach, occasional items higher or lower
- Reduce the number of cleaning products to what you genuinely use.

What to stop tolerating

- The appliance you feel guilty about never using but cannot bring yourself to remove - get rid of it!
- The collection of shopping bags that has become unmanageable - reduce them down to what you need
- A layout that requires you to walk across the room to get to things you use together.
- A recycling system that doesn't work - change it!

The Calm Home Blueprint



The Kitchen

One thing to do today

Clear your kitchen sink completely and wipe it down until it is clean. Leave it that way tonight. A clear sink is the single most disproportionately calming thing in a kitchen. It signals order even when everything else is imperfect. Starting tomorrow, make an empty sink the last thing you do before bed. If you have time, do your dishes, put them away and wipe your benches too!

One thing to do this week

Choose one surface, for example, the counter where things accumulate, the kitchen table, the windowsill, and clear it entirely. Decide that this surface will be permanently clear from now on. Nothing lives there. Things pass through this space but do not stay. Keep it clear for seven days and notice the effect it has on how the kitchen feels every morning.

One thing to do this month

Go through a cupboard and drawer in one session every month. Remove anything duplicated, expired, broken, or not used. By the end of each month, you will have a kitchen stocked with everything you need without looking twice.

The one thing that will genuinely make your kitchen calmer

Remove everything from your worktops except the things you use every single day. Every item sitting on a worktop is a visual decision your brain has to process every time you walk in. Most people have six to twelve items on their kitchen surfaces that they use once a week or less. Put them in a cupboard for two weeks. If you haven't needed them, they don't need to live on the surface. What remains should be only what earns that prime real estate daily, like a fruit bowl, a cheerful vase of flowers, a jar with wooden cooking utensils or a chopping board. The kitchen will immediately feel larger, quieter, and easier to clean.

Note: the above is not a cleaning schedule. Calm *and* clean is the perfect combination :)

The Calm Home Blueprint



The Bedroom

What to consider removing

- Clothes that do not fit, that you do not feel good in, or that belong to a previous chapter of your life
- Books you have finished or will never read
- Furniture that makes the room feel smaller or more cluttered without serving a genuine function
- Anything that belongs elsewhere but has migrated here.

What to organize or simplify

- Reduce what is on your bedside table to only what serves sleep and waking
- Create a simple end-of-day routine for clearing the room before bed, including the floor
- Address any lighting situation that does not support rest
- Move any work-related items out of the bedroom entirely if possible.

What to stop tolerating

- The wardrobe that you dread opening
- Anything on the floor that shouldn't be there
- An unmade bed
- Screens in the bedroom if they consistently disrupt your sleep
- The pile of "I will deal with this later" that has become furniture.

The Calm Home Blueprint



The Bedroom

One thing to do today

Clear your bedside table. The only things that should live there are what serve your sleep and your morning, for example, a lamp, something to read, your glasses, alarm clock, a glass of water, and perhaps something you love or that is genuinely useful at night. Everything else finds a home elsewhere. Do this today, before you sleep. Notice how it feels to wake up to it tomorrow.

One thing to do this week

Address the floor. Anything that has been on your bedroom floor for more than a week that your brain has accepted as part of the landscape and stopped registering it as a problem, but it is still costing you energy. This week, commit to a floor that is completely clear by the time you go to bed each night. This single habit will change how the room feels faster than almost any other change. Vacuum!

One thing to do this month

Deal with the wardrobe properly (see next page). Not a quick sort, a genuine edit. Take everything out. Put it in categories. Only put back what fits your body as it is now, what you genuinely feel good in, and what belongs to the life you are actually living rather than a previous chapter. Donate, sell, or discard the rest. Give yourself a wardrobe you can open without the low-level dread that comes from too many wrong choices competing for your attention every morning.

The one thing that will genuinely make your bedroom calmer

Change your lighting. Most bedrooms are lit by a single overhead light that is far too harsh for a room meant to signal rest. Overhead lighting in the evening signals to your nervous system that the day is still in progress. Adding one or two lamps at a lower level, beside the bed, in a corner, and switching to them after 8pm makes a measurable difference to how quickly you wind down and how easily you fall asleep. Warm-toned bulbs are significantly better for sleep than cool white ones.

The Calm Home Blueprint



The Wardrobe

What to consider removing

- Anything that does not fit your body as it is right now
- Items you have not worn in two years regardless of how much they cost
- Clothes that require ironing you never do, dry cleaning you never organise, or repair you never manage
- Items kept out of guilt rather than genuine use or love.

What to organise or simplify

- Organise by category first, then colour within category, so getting dressed requires less thought
- Create a small selection of outfits that reliably make you feel good and keep those items accessible
- Give your wardrobe a realistic number of pieces for your actual lifestyle, not your imagined one.

What to stop tolerating

- The guilt of clothes that cost money but do not serve you
- The inconvenience of a wardrobe that makes getting dressed harder rather than easier - this includes items as well as wardrobe storage
- Items from a previous decade, size, or life chapter that no longer serve you.

The Calm Home Blueprint



The Wardrobe

One thing to do today

Pull out five items right now that you know with certainty you will never wear again. Do not deliberate. The items that come to mind immediately are the ones your instinct has already decided on; you have just been overriding it. Put them straight into a bag for donation. Do not give yourself time to renegotiate.

One thing to do this week

Turn all your coat hangers to face the same direction and hang clothes by category and colour. It takes ten minutes and costs nothing. A wardrobe presented this way looks significantly calmer and makes finding things considerably faster. While you are doing it, put anything that has slipped off its hanger back.

One thing to do this month

Create what stylists call a "capsule edit", not a full capsule wardrobe, just a curated section of your existing wardrobe where you gather the twenty to twenty-five items you genuinely reach for most. Move these to the most accessible part of your wardrobe so they are always within easy reach. Put together six outfits from your favourite items. Take a photo of each. Getting dressed from a small selection of things you actually love, and having some go-to options, takes a fraction of the time and mental energy of navigating a full wardrobe every morning.

The one thing that will genuinely make your wardrobe calmer

Remove everything that doesn't fit, including jackets and shoes. A wardrobe that contains only clothes that fit is a wardrobe you can open without any particular flavour of self-criticism.

The Calm Home Blueprint



The Living Room

What to consider removing

- Decorative items that no longer reflect who you are
- Books, magazines, or media you have consumed and will not return to
- Furniture that crowds the space without adding comfort or function
- Anything that belongs in another room but has settled here.

What to organize or simplify

- Create one primary seating arrangement that is genuinely comfortable for how you use the room
- Reduce items on visible surfaces to what is pleasing or useful
- Address any lighting that makes the room feel less calm than it could.

What to stop tolerating

- Loose items that do not have a place or have been left on the floor
- Objects displayed out of obligation rather than genuine affection
- Technology or charging cables that create visual noise.

The Calm Home Blueprint



The Living Room

To do today

Remove everything from one visible surface, such as a coffee table, sideboard, or shelf, and leave it completely empty for 48 hours. Notice how the room feels with that surface clear. This is not a permanent change; it is an experiment. Most women find that after 48 hours they want to keep it clear or return only one or two things rather than everything that was there before. Pick everything off the floor and return items to where they belong.

One thing to do this week

Address the cables. Charging cables, television cables, extension leads sitting in full view are a significant and underestimated source of visual noise. This week, spend an hour routing cables behind furniture, using a cable box, or, at minimum, gathering them into one tidy arrangement, or pop them into a basket that draws less attention. It is a small change that makes the room look more considered.

One thing to do this month

Look honestly at every decorative object in the room and ask a single question: do I actually love this, or is it here out of habit, guilt, or the fact that it was a gift? Anything that does not give you genuine pleasure when you look at it is taking up space that could be clear or occupied by something that does. Remove anything in the second category.

The one thing that will genuinely make your living room calmer

Reduce your seating to only what you actually use. Most living rooms have more seating than the household regularly needs, like an extra armchair. Every piece of furniture that is not regularly used is taking up floor space and makes the room feel more crowded than it needs to be. Removing or repositioning one underused piece of seating typically opens up the room more dramatically than any other single change.

The Calm Home Blueprint



The Home Office or Workspace

What to consider removing

- Paperwork older than one year unless legally required
- Stationery and supplies in excess of what you genuinely use
- Old technology: cables, adaptors, devices that no longer work or are no longer needed
- Reference materials you have not consulted in over a year.

What to organise or simplify

- Create a simple filing system with as few categories as possible
- Clear your desk surface at the end of every working day so you begin each new day with a clean start - use a tray for odd bits you use.
- Invest attention in your chair and monitor height if you spend significant time here.

What to stop tolerating

- All the bits/pens that don't have a space to live - either get rid of them or work out a storage solution
- A workspace that doesn't feel like yours because it has accumulated other people's things
- Working in a space that gives you no pleasure - work out what makes you unhappy and remove it.

The Calm Home Blueprint



The Home Office or Workspace

One thing to do today

Clear your desk surface. Take everything off, wipe it down, and don't return anything except what you need for the work you are doing right now. Then at the end of today, clear it again. Exception - see the last paragraph below! Tip: pop your laptop, diary, and paperwork in a tray or basket at the end of the day.

One thing to do this week

If you have paper, deal with the pile. Sort it into three categories: action needed, file, and discard. Discard immediately. File in one session. Identify everything in the action pile and either do it, schedule it, or decide it does not actually need doing. Reducing a physical pile of papers also reduces significant mental clutter.

One thing to do this month

Invest some time in your physical comfort at your desk. Check that your chair height is set so your feet are flat on the floor. Check that your screen is at eye level, not tilted up or down. Check that your lighting is adequate and not causing you to squint or strain. These are small adjustments that cost very little and directly affect how you feel after a day of work.

The one thing that will genuinely make your workspace calmer

Give your workspace a couple of things unrelated to work. A plant, a candle, a small object you find genuinely beautiful, a photo, or a print with words that mean something to you. Things that are purely for pleasure signal that you are a human being working in this space and you will be making the space yours.

The Calm Home Blueprint



The Chaos/Hobby Room

What to consider removing

- Anything that has been in this room for more than a year without being used
- Duplicate items you forgot you had because they were in here
- Anything stored "just in case" for a case that has never come
- Broken items you keep meaning to fix but will not.

What to organise or simplify

- Give this room one or two clear purposes
- Create obvious homes for the categories of things that need to live here. Do you need any shelves, storage boxes, or baskets?
- Address it in sessions of no more than one hour with breaks between.

What to stop tolerating

- The low-level stress this room generates when you walk past it
- The sense that the problem is too big to start
- The belief that dealing with it requires a free weekend when an hour done consistently is enough.

The Calm Home Blueprint



The Chaos/Hobby Room

One thing to do today

Go into the room with a single bin bag. Remove only the things that are obviously rubbish.

To do this week

Do three sessions in this room across the week. In each session, work on one category only: one session for things to throw away, one for things to donate, one for things that belong somewhere else in the house and need returning. Do not try to reorganise what remains yet. Just reduce the volume first.

One thing to do this month

Decide what this room is actually for. Every room in a home functions better when it has a clear purpose, even if that purpose is storage. Once you have reduced the volume through your weekly sessions, spend one longer session this month giving the room a defined function and organising what remains around that function. Label shelves or boxes if it helps. The goal is for anyone entering the room to understand what is in it and where to find it.

The one thing that will genuinely make this room calmer

Deal with the "just in case" items honestly and ruthlessly. The chaos room in most homes is at least 40% filled with items kept for a future scenario that will never arrive, like multiple spare duvets, exercise equipment, boxes from appliances, or children's items. Making the decision to simply get rid of it removes the weight.

The Calm Home Blueprint



The Hallway and Entrance

What to consider removing

- Coats and shoes beyond what is genuinely in current use
- Bags that have accumulated but are not in regular rotation
- Post, leaflets, and paper that has not yet been dealt with
- Items that arrived at the front door and never made it to their actual home.

What to organise or simplify

- Create a simple arrival system: a hook for your bag, a place to hang coats, a bowl for keys, and a spot for post that needs attention
- Reduce what is visible to only what is in regular use
- Address any lighting that makes the entrance feel less welcoming.

What to stop tolerating

- The hallway that signals chaos the moment you walk in
- The stack of shoes that means someone has to shuffle past every time.

The Calm Home Blueprint



The Hallway and Entrance

One thing to do today

Stand at your front door and look at your hallway as if you are seeing it for the first time. Count how many items are on the floor. Count how many things are sitting on any surface or hanging on any hook that do not belong or are not in regular use. Then remove just the floor items today and put them somewhere else.

One thing to do this week

Create a home for keys, if one doesn't already exist. A hook, a small dish, a designated spot. This is a five-minute fix with a disproportionate return. While you are at it, apply the same principle to anything else that is regularly lost or misplaced at the point of arrival: sunglasses, headphones, the things that always prompt a last-minute search before you leave the house.

One thing to do this month

Address the coat situation properly. Remove every coat, jacket, and bag from your hallway. Return only what is in current use for the current season. Everything else goes into storage, a wardrobe, or, if it hasn't been used in two years, out of the house entirely.

The one thing that will genuinely make your hallway calmer

Add a mirror if you don't have one or reposition yours if you do. A well-placed mirror in a hallway does three things: it reflects light, makes the space feel larger, and gives you a moment to orient yourself before you leave the house. In a narrow or dark hallway, this is the single highest-impact addition you can make. It costs very little, and the effect is immediate.

The Calm Home Blueprint



The Bathroom

What to consider removing

- Expired or empty products
- The collection of hotel miniatures you've never used
- Products bought for a skincare or haircare routine you tried once and abandoned
- Anything that belongs to someone else who no longer lives in your home
- Devices and tools you have not used in over a year
- Medicines and supplements that are expired, unidentified, or left over from a condition you no longer have.

What to organise or simplify

- Group products by use
- Decant where possible to reduce visual clutter from competing branded packaging
- Create one drawer or basket that contains only your daily non-negotiables, so your everyday routine requires no searching
- Store items used less than once a week out of immediate sight.

What to stop tolerating

- The collection of products kept out of guilt because they were expensive, even though you do not use them
- The shelf, surface, or windowsill that has become a permanent overflow zone
- Products in packaging that makes you feel tired just looking at it
- A bathroom routine that takes twice as long as it needs to because nothing has a clear home.

The Calm Home Blueprint



The Bathroom

One thing to do today

Check every product for expiry dates. Remove everything that is expired, everything that is nearly empty and will not be finished, and everything you cannot identify. Bin it.

One thing to do this week

Reduce everything on your visible bathroom surfaces to your actual daily essentials only. Put everything else into a cupboard, a drawer, or under the sink. The surfaces should contain only what you touch every single morning and evening.

To do this month

Do a full bathroom audit: surfaces, every drawer, every cupboard, under the sink, the medicine cabinet. Then work through one area at a time. The goal is that by the end of each session, every product in your bathroom is something you use, every item has a clear home, and nothing is being stored in the bathroom that does not belong there. Pay particular attention to the under-sink area, which in most bathrooms functions as a second chaos room and really benefits from this approach.

The one thing that will genuinely make your bathroom calmer

Reduce your visible products into matching or neutral containers wherever possible. The single biggest source of visual noise in most bathrooms is not the volume of products but the variety. A shelf of twelve products decanted into simple matching dispensers or stored in a clean basket looks considered and calm. You do not need to buy expensive storage. A simple white container or tray to corral daily products will make a significant difference.

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

You have now started resetting your spaces. If you have additional rooms or spaces (like a full garage or storage shed), you can apply any of the approaches outlined in the Reset Guides.

This section is about decluttering.

Every woman approaches decluttering differently. Some need a structured system to follow step by step. Others need a time-limited burst of energy. Some think best in categories; others work better room by room. Some need the emotional weight of an object addressed before they can let it go; others just need permission to be ruthless.

The following six methods are not ranked. There is no best method, only the one that matches how you think, how much time you have, and where you are starting from. Read through all six before you begin. The one that makes you think Yes, that's how I work is probably the right one for you.

You may also find that different methods suit different rooms, or different times of the decluttering process. Just use them accordingly.

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

Method 1: The 20-Minute Sprint

Best for: Women who feel overwhelmed by the size of the task and need to break it into manageable pieces. Also effective for maintenance once the initial clear-out is done.

How it works: Set a timer for twenty minutes. Choose one specific area. Not a whole room, but a defined section of a room. A single drawer. One shelf. The area under the bathroom sink. The kitchen worktop. One category of clothing. Work only within that area for the full twenty minutes. Move quickly. Make fast decisions. When the timer goes, stop. Even if you are mid-task, stop.

Do not try to finish the area if the timer has rung. Stopping on time is part of the method. It trains you to trust that you can return, removing the psychological barrier to starting. A task you can stop feels less consuming than one you have to finish.

Repeat daily or several times a week. A twenty-minute sprint done consistently will clear a full home without ever feeling overwhelming.

The rule: One area, one timer, full focus. When it rings, you are done.

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

Method 2: The Four-Box Method

Best for: Women who need a clear decision framework and find open-ended sorting paralyzing. Good for rooms with mixed content where everything needs a destination.

How it works: Before you begin, prepare four clearly labelled boxes, bags, or designated floor areas:

Keep - it belongs here, it is used, it earns its place

Relocate - it belongs somewhere else in the house

Out - it is leaving the house via donation, sale, or gifting

Decide later - genuinely uncertain; revisit within seven days

Work through the area item by item. Every single item gets placed in one of the four boxes before you move to the next. Do not create a fifth category. Do not put anything back without making a decision. When you finish the area, deal with each box immediately. Put the Keep items back. Return the Relocate items to their correct rooms now. Move the Out box to your exit point so it leaves the house on your next trip out. Set a specific date within seven days to revisit the Decide Later box.

The rule: Every item gets a box. No exceptions, no piles.

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

Method 3: The Category Sweep

Best for: Women who find room-by-room decluttering frustrating because the same category of item is spread across multiple rooms. Particularly effective for clothing, books, paperwork, and sentimental items.

How it works:

Choose one category, like a type of clothing, books, kitchen equipment, paperwork, craft supplies etc. Note: check out Method 6 for sentimental items. Choose one category and work only on that across the entire house in a single session. Gather every item in that category from every room in the house and bring it all to one central location before you make any decisions. This step is not optional. Seeing the full volume of a category in one place is frequently the thing that makes the decisions easy. Most people are genuinely unaware of how much of a particular category they own until they see it all together.

Once everything is gathered, sort into Keep, Out, and Relocate. Return only the Keep and Relocate items to their designated homes.

The rule: See the full category before making any decisions. Volume is information.

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

Method 4: The Reverse Hanger Method

Best for: Women who struggle to identify which clothes they actually wear versus which they think they wear. A slow, evidence-based approach that removes the guesswork.

How it works: This method works over a period of time rather than in a single session, and it is one of the most honest approaches to wardrobe editing available.

At the beginning of the process, hang every item of clothing in your wardrobe with the hanger facing the wrong way; hook pointing toward you rather than away. When you return an item, hang it the correct way.

After 90 days, look at what is still hanging the wrong way. These are the clothes you have not worn in three months. Unless they are season-specific, they are strong candidates for leaving.

This method removes the "but I might wear it" conversation entirely because the evidence is on the hanger. You are not deciding what you might wear; you are looking at what you actually wore.

The rule: Let your behaviour over 90 days make the decision, not your intentions on a single afternoon. Note: extend this to your drawers and shelves. Move things around so that you a designated space for recently worn items. Repeat each season.

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

Method 5: The One-In-One-Out Rule

Best for: Women who have already done an initial declutter and want to prevent accumulation from returning. Also effective for anyone who shops frequently or receives regular gifts.

How it works: This is a maintenance method rather than a clearing method, and it is the simplest system available for keeping a home at a level you have already achieved. The rule is absolute: every time a new item enters the house, one item of the same category leaves. A new book arrives; one book leaves. A new mug is purchased; one mug goes. A new garment enters the wardrobe; one garment is donated. No exceptions, no negotiations, no "I'll do it next week."

Keep a permanent donation bag handy. When an item is identified as leaving, it goes directly into the bag. When the bag is full, it leaves the house on your next trip out.

Apply the rule at the point of acquisition, before the new item is put away, not after. The moment of arrival is when the decision is freshest and the easiest.

The rule: One in, one out. Every time. The bag is always ready.

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

Method 6: The Sentimental Items Protocol

Best for: Women who have stalled on decluttering because of emotionally significant items like gifts, inherited objects, children's belongings, items connected to relationships or life chapters that have ended.

How it works: Sentimental items require a different approach from functional ones because the decision is never really about the object, it is about what the object represents. Treating them the same as a duplicate spatula will not work.

Start by separating sentimental items completely from your general decluttering. Do not attempt to deal with them in the same session as functional items. Give them their own dedicated time when you are not tired, rushed, or already emotionally depleted.

For each item, ask three questions in order: *Does keeping this bring me genuine comfort, or does it bring me guilt, grief, or obligation?*

Comfort stays. The rest moves to question two.

If I let this go, what am I actually letting go of? Name it. The person, the chapter, the version of yourself. Naming it separates the memory from the object.

Is there a smaller way to keep this? A photograph of a collection rather than the collection itself. One item from a set rather than all of them. A memory box with a defined size limit that must not be exceeded.

Items that have caused genuine harm, like gifts from damaging relationships, and objects that hold difficult memories, do not need to be kept out of respect. Letting them go is allowed.

The rule: Separate sentimental from functional. Take your time. The memory does not leave with the object.

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

Quick Reference: Which Method Should You Use?

If you feel overwhelmed and don't know where to start, try:
Method 1: The 20-Minute Sprint

If you need a clear system for every item, try:
Method 2: The Four-Box Method

If you have the same things scattered across every room, try
Method 3: The Category Sweep

If you can't work out what you actually wear, try:
Method 4: The Reverse Hanger Method

If you have already decluttered and want to maintain it, try:
Method 5: The One-In-One-Out Rule

If you keep stalling because of emotional attachment, try
Method 6: The Sentimental Items Protocol

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

Further Techniques Worth Exploring

The six methods cover the most practical and widely applicable approaches. If you want to go deeper, the following techniques and philosophies have helped many develop a more sustained relationship with simplicity. They are worth exploring in your own time.

The KonMari Method developed by Marie Kondo works by category rather than room and uses the question "does this spark joy?" as the central decision-making tool. Her book *The Life-Changing Magic of Tidying* remains one of the most useful starting points for anyone who wants a complete philosophical framework around decluttering, not just a practical system.

Swedish Death Cleaning, described in Margareta Magnusson's book *The Gentle Art of Swedish Death Cleaning*, approaches decluttering from the perspective of not leaving others to deal with your belongings. It is a more sobering frame than most, but for many women in midlife it is also a genuinely liberating one. It reframes the question from "do I want this?" to "does this need to exist in my life and my legacy?"

The Minimalism movement, particularly the work of Joshua Fields Millburn and Ryan Nicodemus at *The Minimalists*, offers a broader philosophical context for why owning less consistently produces more satisfaction than owning more. Their documentary on Netflix is a useful starting point for understanding the thinking behind the practical methods.

The Calm Home Blueprint



Section 4 - The Decluttering Method Menu

Further Techniques Worth Exploring

Essentialism, Greg McKeown's framework from his book of the same name, applies the decluttering principle beyond physical objects to commitments, decisions, and how you spend your time. If you find that the physical decluttering work in this guide resonates, Essentialism extends the same logic to your schedule and your energy and is a natural next step.

Slow Home, a movement and podcast founded by Brooke McAlary, approaches home and life simplification specifically from the slow living perspective that runs through this entire bundle. Her work is grounded, practical, and written for women navigating exactly the kind of life redesign this bundle supports.

You can use the method that suits you. The point is a home that supports the life you are building. Use whatever gets you there.

The Calm Home Blueprint



Section 5 - Bonus: The Sensory Environment

This is a short section, but do not underestimate it. Your home affects you not just through the volume of things in it, but through how it engages your senses. Light, scent, sound, and texture all contribute to whether a space feels calm or agitating, and almost all of them can be adjusted with very little cost.

Light

Natural light is the single most significant factor in how a room feels. If you have rooms that rarely receive direct light, assess whether window coverings could be lightened, furniture could be repositioned, or mirrors could be used to reflect light further into the space. In the evenings, overhead lighting is often harsher than needed.

Lamps at lower levels create a warmer, calmer atmosphere and signal to your nervous system that the day is winding down. This is a small and inexpensive change with a significant effect.

If you have rooms that feel heavy or dark regardless of what you do, consider whether the colour of the walls is absorbing light rather than reflecting it. Warm whites and soft neutrals reflect light more effectively than deep colours.

Which room in my home has the most problematic light? What changes could I make?

The Calm Home Blueprint



Section 5 - Bonus: The Sensory Environment

Scent

Scent is one of the most direct routes to the nervous system and one of the most underused tools in creating a home that feels calm. You do not need expensive products. A simple candle, a diffuser with oil you love, fresh flowers when you can, or simply ensuring your home smells of nothing except clean are all effective.

Equally important: identify and address any scent that is making your home feel less calm. A bin that needs emptying more frequently. A room that smells slightly damp. A pet. These are small things that register subliminally but consistently.

What does my home smell like honestly? What changes would improve it? You may need to ask a good friend, as often you are 'blind' to what your own house smells like!

The Calm Home Blueprint



Section 5 - Bonus: The Sensory Environment

Sound

Most homes are noisier than their inhabitants realise, because we adapt. Background television, a radio on without intention, the constant low hum of notifications. They might prevent the kind of quiet that allows you to feel genuinely at rest in your own home.

Consider: what is the default sound level of your home? Is it a choice or a habit? What would your home sound like if you were intentional about it?

Some women find absolute quiet uncomfortable at first. If that is you, the solution is not to fill the silence with noise, but to choose the sound deliberately: music you love, a podcast that genuinely interests you, the sound of the garden. Intentional sound is entirely different from habitual noise.

What is the default sound level of my home and does it serve me?

The Calm Home Blueprint



Section 5 - Bonus: The Sensory Environment

Texture and Comfort

Texture and comfort are about the physical comfort of your home, for example, whether your sofa is one you want to sit in, whether your bed feels genuinely restful, whether there is softness and warmth in the rooms where you spend most time. This matters significantly to how you feel. This does not require expensive furniture or renovations.

Try a blanket draped somewhere you regularly sit. A rug on a hard floor. Cushions on a chair you want to use more. Plants in rooms that feel too hard or sparse. These are small and affordable additions that change how a space feels to inhabit.

Which rooms in my home lacks physical comfort? What small additions would change it?

The Calm Home Blueprint



What comes next

You are working through your home with honesty and intention. That is the hardest part. The great thing is that the effects of this work are immediate, like a cleared surface, a room that smells good, or a wardrobe that does not fill you with low-level dread.

Carry your Energy Audit and your Good Enough standard with you. They are the benchmarks against which you assess your home going forward. Not perfection and not someone else's standard, but yours.

Part 3, The Slow Rhythms Toolkit, takes the physical environment you have just addressed and asks the next question: how do you want to move through your days and weeks within this calmer home?

It helps you design a daily rhythm that is sustainable, restorative, and genuinely yours.

Head to **Part 4** if you'd like a practical guide to help you make medium-sized decisions that support your redesigned life.

And, if you like checklists, turn the page for the Calm Home Blueprint Checklist, which you can use as you work through this booklet.

The Calm Home Blueprint Checklist



	Energy Audit
	Read Good Enough Statement
	Written my oen Good Enough Statement

Room Reset actions taken:

Kitchen												
Bedroom 1												
Bedroom 2												
Bedroom 3												
Bedroom 4												
Wardrobe												
Living Room												
Office/ Workspace												
Chaos/ Hobby room												
Hallway/ Entrance												
Bathroom												
Other												

What decluttering methods worked well for me? _____

I have considered and taken at least one Sensory Environment action:

	Light
	Scent
	Sound
	Texture and Comfort