

Your Calm Corner Checklist

A simple guide to help you create a quiet, comforting space that feels just like you.

CHOOSE YOUR SPOT

Even a small space can feel like peace.

- ☐ Quiet and low-traffic area
- ☐ Natural light nearby or space for a soft lamp
- ☐ Away from distractions and clutter

ADD COZY, CALM ESSENTIALS

Comfort is not a luxury, it's a gentle daily need.

- ☐ Soft seat or cushion (chair, floor pillow, or pouf)
- ☐ One warm light source (floor lamp, candle)
- ☐ Natural materials like wood or linen

PERSONALIZE THE MOOD

Your calm corner should feel like a soft exhale.

- ☐ One calming object (like a book, plant, or photo)
- ☐ A scent you love (essential oil, candle, fresh herb)
- ☐ A tray or box to keep small items tidy

SET A SIMPLE ROUTINE

Peace lives in simple habits.

- ☐ 5–10 minutes of quiet time daily
- ☐ Use your corner to pause, read, or reflect
- ☐ Put things back to keep it calm

BONUS: INTENTIONAL WORDS

A single word can shift your whole day.

- ☐ Write down one word or phrase that reminds you to slow down
- ☐ Place it somewhere visible in your corner (post-it, bookmark, note card)



A calm corner is not a luxury, it's a little daily kindness to yourself.