

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.