

Simplify your Home

BEDROOM EDIT

WORKBOOK



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KNOW YOUR WHY

ROOM PURPOSE: Rest, Romance

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

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 motivation for making a change? What do you more of in your bedroom?

What are your bedroom goals?

- 1.

- 2.

- 3.

DECLUTTER + SIMPLIFY

Now we can start the decluttering process. Work your way around the room methodically and thoroughly - one drawer, shelf, cupboard, surface or small area at a time - so that you do not become overwhelmed.

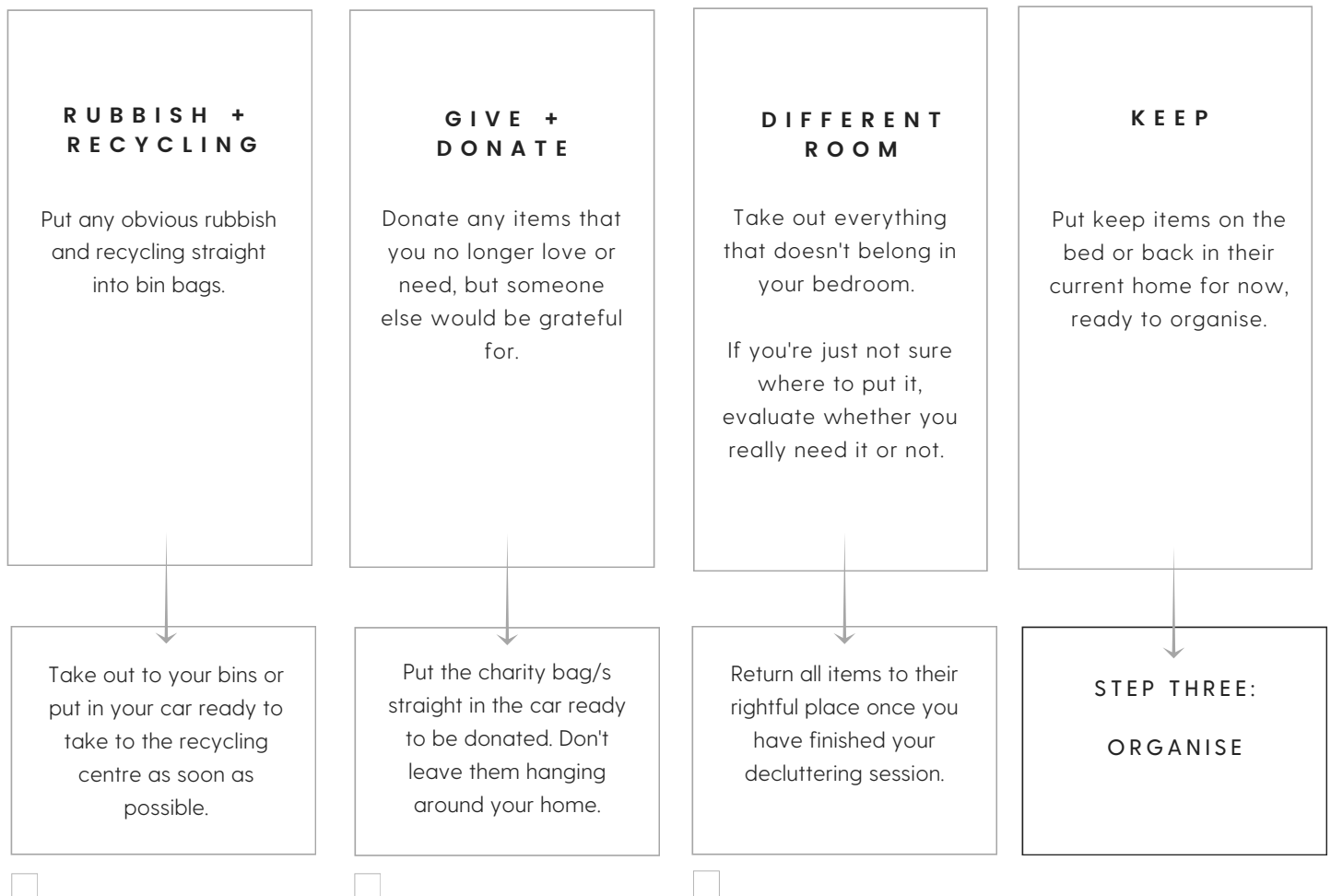
Keep working your way around the room (in one or a couple of sessions) until all you have left is the things that you want to keep. Choose one area or category at a time - once it's done, tick it off your list and move onto the next one. There's a checklist at the end of the workbook that you can use to tick off areas and categories as you go.

To begin with concentrate on non-clothing items. The wardrobe and your clothes are a separate project, so don't worry about those for now. We'll get onto those later. Gather them all together ready to sort 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 think realistically about 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). Visit the [Declutter Directory](#) on the website for places to sell and donate items.

ORGANISE

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 every thing organised.

If you haven't already started to do this during the decluttering step, begin 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 the space you have. Use the space on the following 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. Think about what you need to store in your bedroom. 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 six pieces doesn't mean that you need to buy, or keep, them all.

If you have unnecessary 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.

STORE + CONTAIN

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 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.

You can easily add Command Hooks for lightweight items, such as jewellery - no DIY needed.

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

Use trays or beautiful dishes on surfaces and bedside tables to keep all small essential items together.



LOVE YOUR LINENS

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.

[Read more on the blog](#)

AREAS TO WORK THROUGH

- MAKE YOUR BED
- BEDSIDE TABLE
- TABLE AND DRAWER SURFACES
- DRESSING TABLE
- DRAWERS (one by one).
- UNDER THE BED
- TOPS OF WARDROBES
- CLEAR PILES FROM THE FLOOR
(It can be one bag, one box or one stack at a time).
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CATEGORIES

- CLOTHING TAGS AND OTHER RUBBISH
- DRINKING GLASSES AND MUGS
- PUT AWAY CLOTHES PILED AND DRAPED WHERE THEY SHOULDN'T BE
- BOOKS AND MAGAZINES
- TECHNOLOGY AND GADGETS
- UNWANTED OR OUT OF PLACE COSMETICS AND TOILETRIES
- JEWELLERY
- KNICK-KNACKS, DECOR AND ORNAMENTS
- EXCESS FURNITURE
- OLD PILLOWS AND BEDDING

HABITS AND ROUTINES

- MAKE YOUR BED EACH DAY
- DAILY 10-MINUTE TIDY UP'S AND ROOM RESET
- IMPLEMENT A BEDTIME ROUTINE
- REGULAR CLEANING SESSIONS FOR YOUR BEDROOM
- REMOVE TECHNOLOGY FROM YOUR BEDROOM
(or at least give it a try for a week).

BEDDING TO DECLUTTER + ORGANISE

- PILLOW CASES
- SHEETS
- DUVET COVERS
- MATTRESS PROTECTORS
- DUVETS
- PILLOWS

Enjoy!

Celebrate your tidy and calm space. Maybe with a simple bunch of flowers or a scented candle.

Make your bed look lovely and an inviting place to sink into with your favourite linens.

A newly decluttered space can seem an inviting place to pile 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, take some time to put your feet up and relax in your new sanctuary.

Claire x

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