

One room. One week.

A small shift for your space and a small ritual for your mind, every day — none of it more than 15 minutes.

When I walk into this room, I want to feel _____

DAY

1

Choose your haven

- ☐ **Space:** pick your one room & see it with fresh eyes
- ☐ **Ritual:** write your word above — your compass for the week

DAY

2

One clear surface

- ☐ **Space:** clear the first surface your eyes land on
- ☐ **Ritual:** three slow breaths — let it be enough

DAY

3

Let the light in

- ☐ **Space:** curtains wide, window cracked, softer lamps tonight
- ☐ **Ritual:** three phone-free minutes in the morning light

DAY

4

The hidden space

- ☐ **Space:** empty one drawer or shelf — keep, relocate, release
- ☐ **Ritual:** thank what leaves • display the treasure you found

DAY

5

Add the warmth

- ☐ **Space:** one layer of cozy you already own — throw, plant, lamp
- ☐ **Ritual:** name three things about this home you're grateful for

DAY

6

Make it yours

- ☐ **Space:** give one meaningful object a proper place
- ☐ **Share:** take a picture and tag @haevinn.co

DAY

7

Look what you made

- ☐ **Reflect:** stand in the doorway — is the room closer to your word?
- ☐ **Ritual:** choose the one ritual you'll keep