Homey Hygge
WHERE COLOR FEELS COZY

YOUR FREE PRINTABLE GUIDE

The 7-Day *Homey Hygge* Home Reset

One small, doable change a day to make home feel warmer, calmer and more like you. No shopping list required.

How to use this guide

Pick one room. The one you use most after dinner works best.

Do one page a day. Most steps take 15 minutes or less.

Write it down. Each page has room for notes, so you can see what changed by Day 7.

MY WEEK AT A GLANCE

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Find your feeling	Soften the light	Comfort in reach	Clear one spot	Color and texture	Make room for joy	A small ritual
☐	☐	☐	☐	☐	☐	☐

01 Find Your Feeling

Before you change anything, decide how you want one room to feel. Pick the room you use most after dinner. It will be your focus all week.

TODAY'S STEP

Sit where you usually sit and ask: **"What keeps me from fully enjoying this space?"** Write the first three answers below, then choose three words for how you want the room to feel.

What gets in my way

1. _____
2. _____
3. _____

How I want it to feel

1. _____
2. _____
3. _____

CHECKLIST

- [ ] Chose my room for the week
- [ ] Sat in it for ten minutes and noticed what bugs me
- [ ] Wrote down my three frustrations and three feeling words

HOMEY HYGGE TIP

Don't judge the room from the doorway. Spend ten minutes doing what you normally do there, and the little annoyances show up fast.

MY NOTES

02 Soften the Light

Lighting changes how a room feels faster than anything you could buy for it. If you only do one step this week, make it this one.

TODAY'S STEP

After sunset, turn off the overhead light and notice where you can't see. Move a lamp you already own to that spot, usually right beside where you sit. Then check the bulb: warm light is around **2700K**; 4000K and up reads cool and bright.

CHECKLIST

- [ ] Turned off the overhead light after sunset
- [ ] Found the dark spot next to my seat
- [ ] Moved a lamp there
- [ ] Checked my bulbs for a warm color temperature

HOMEY HYGGE TIP

Put your main lamp on a plug-in timer or smart bulb set to turn on about 30 minutes before sunset. Walking into a softly lit room on a dark evening feels like being welcomed home.

WHERE MY LAMPS ARE NOW

03 Bring Comfort Within Reach

A room can look cozy and still be a pain to relax in. Today is about the little comforts that make you want to stay put.

TODAY'S STEP

Set up a comfort station at your seat: a blanket within arm's reach, a spot to set down a mug and a book, and seating you actually enjoy. Add a supportive pillow or footstool before you replace anything.

CHECKLIST

- [ ] A favorite blanket is out and within arm’s reach
- [ ] There’s a landing spot for a mug, book and phone
- [ ] My seat feels supportive and comfortable
- [ ] Extra decorative pillows are put away

HOMEY HYGGE TIP

If sitting down on the sofa has become a small excavation project, take half the decorative pillows away. Comfort first, styling second.

WHAT I MOVED OR ADDED

04 Clear One Friction Spot

Hygge doesn't require minimalism. But there's a difference between a room with personality and a room where every surface has quietly surrendered.

TODAY'S STEP

Choose the one surface that bugs you most, like the coffee table or entry console, and set a 15-minute timer. Take everything off, put back only what you use or love there, and give the rest a home.

CHECKLIST

- [ ] Picked one surface (just one)
- [ ] Set a 15-minute timer
- [ ] Put back only what I use or love there
- [ ] Gave everything else a basket, drawer or tray

HOMEY HYGGE TIP

Declutter by friction, not by looks. If something constantly has to be moved, searched for or stepped around, that's your clue it needs a new home.

THE SPOT I CLEARED AND WHERE THINGS WENT

05 Shop Your Home for Color

Hygge doesn't have to be beige. A colorful room can feel every bit as cozy as a neutral one, and you can prove it today with things you already own.

TODAY'S STEP

Choose one color you love. Walk through your house and gather things in that shade, like a throw, a pillow cover, a vase or a stack of books, and place at least three of them around your room. Mix in a texture or two: chunky knit, velvet, a woven basket.

CHECKLIST

- [ ] Chose one color that makes me happy
- [ ] Gathered pieces in that color from around the house
- [ ] Placed at least three of them around my room
- [ ] Added one new texture next to something smooth

HOMEY HYGGE TIP

Repetition is what makes color look planned instead of random. Three touches of the same shade across a room reads as intentional, even if every piece came from a different decade.

MY COLOR AND THE THREE PLACES I USED IT

06 Make Room for Something You Enjoy

This is where your home stops being a backdrop and starts making it easier to do the things you keep saying you want to do.

TODAY'S STEP

Pick one thing you'd love to do more in the evenings, like reading, coloring, journaling or puzzles. Give it a corner: a comfortable seat, your Day 2 lamp, your Day 3 blanket, a small table for a mug, and the supplies out where you'll see them.

CHECKLIST

- [ ] Chose one activity I want more time for
- [ ] Set up a seat with good light and a blanket
- [ ] Put the supplies out where I can see them
- [ ] Tried it once this evening

HOMEY HYGGE TIP

Make your hobby easier to start than picking up your phone. When the book or coloring pages are already sitting out, a good intention has a much better chance of becoming a habit.

MY COZY CORNER IS FOR

07 Create a Small Ritual

The most hygge part of home isn't a decoration. It's the small moments you repeat, the ones that give your newly cozy room a reason to be used.

TODAY'S STEP

Choose one small ritual that fits your real life and put it on the calendar. Keep it small enough that you'll actually do it next week, and the week after.

PICK ONE (OR WRITE YOUR OWN)

- ◯ Lamps on and screens off for the last hour of the evening
- ◯ Soup Sunday or Friday chili night
- ◯ Saturday morning coffee in my cozy corner
- ◯ A weekly game, puzzle or coloring night
- ◯ Everyone shares one good thing at dinner

HOMEY HYGGE TIP

Write your ritual on a card and prop it somewhere you'll see it every day. Seeing it is the simplest reminder to actually make time for it.

MY RITUAL, AND WHEN I'LL DO IT

You Did It. Now Take the *Homey Hygge Test.*

"Does this make the space more comfortable, welcoming, personal, or enjoyable to actually use?"

Walk into your room and ask it about every change you made. If the answer is yes, it belongs. If not, it can go, no matter how cozy it was marketed to be.

On Day 1, what bugged me

1.

2.

3.

What feels better now

1.

2.

3.

The room I'll reset next

KEEP GOING AT HOMEYHYGGE.COM

The Complete Guide to Creating a Hygge Home gathers every guide by room and topic, from lighting and color to reading nooks and seasonal decor.

Share your cozy corner with **Homey Hygge** on Instagram, Facebook or Pinterest. I'd love to see it.