



7-DAY HOME REFRESH *Challenge*





Simple Steps to a Stylish & Organized Home

Take just 15–20 minutes
a day to breathe new life
into your space. You
don't need to do a full
makeover—small
changes make a big
impact.



DAY 1: Entryway Reset

Mini Goal: Create a welcoming, clutter-free first impression

What to Do:

- Remove any shoes, bags, or coats you don't use daily
- Add a basket for mail, keys, or sunglasses
- Wipe down any surfaces (shelves, console tables, etc.)
- Sweep or vacuum the floor

Style Tip: A small rug, mirror, or tray can instantly elevate the look.

Bonus Idea: Add a faux plant or seasonal touch like a wreath.

Product Picks: Entryway tray, shoe organizer, basket for keys



DAY 2: Living Room Glow-Up

Mini Goal: Make your living space cozy and curated

What to Do:

- Fluff or switch out throw pillows and blankets
- Tidy up coffee tables, remotes, and books
- Declutter surfaces and style them with intention
- Dust shelves and wipe electronics

Style Tip: Create a “coffee table moment” with a tray, a candle, and a book.

Bonus Idea: Rearrange your furniture or artwork for a fresh vibe.

Product Picks: Coffee table tray, faux florals, throw blanket

DAY 3: Kitchen Quick Clean

Mini Goal: Clear your counters and refresh a drawer

What to Do:

- Remove appliances or clutter from the countertops
- Wipe down the counters with a fresh scent
- Organize one drawer (cutlery, junk drawer, etc.)
- Toss expired snacks or food items

Style Tip: Matching jars and labels instantly upgrade your space.

Bonus Idea: Use a lazy Susan or drawer bins to maintain order.

Product Picks: Glass jars, spice rack, under-sink organizer

DAY 4: Bedroom Sanctuary

Mini Goal: Turn your bedroom into a calming retreat

What to Do:

- Make your bed like you're at a hotel
- Declutter your nightstands
- Add cozy lighting and a pretty candle
- Organize under-bed storage if needed

Style Tip: A single tray with a candle, book, and bud vase adds luxe charm.

Bonus Idea: Diffuse essential oils to instantly change the mood.

Product Picks: Bedside lamp, velvet pillows, aromatherapy diffuser

DAY 5: Bathroom Refresh

Mini Goal: Simplify and style your bathroom like a spa

What to Do:

- Toss expired or unused beauty products
- Wipe down counters, mirror, and sink
- Roll towels for display and hide clutter in bins
- Clean the toilet and shower area quickly

Style Tip: Use a tray to corral your essentials or display a candle and florals.

Bonus Idea: Hang a eucalyptus bundle in the shower for a spa feel.

Product Picks: Bamboo tray, towel ladder, makeup drawer organizers

A well-organized closet with pink and white clothing, shelves with boxes, and a mirror. The closet is filled with various items, including hanging clothes, shelves with boxes, and a mirror. The overall aesthetic is clean and organized.

DAY 6: Closet Declutter

Mini Goal: Create a closet that feels light and inspiring

What to Do:

- Do a quick clothing edit—donate what doesn't fit or excite you
- Organize clothes by type or color
- Replace wire hangers with velvet ones
- Tidy shoes and bags into bins or racks

Style Tip: Add a light, mirror, or shelf styling to make it feel like a boutique.

Bonus Idea: Try a mini capsule wardrobe for the week.

Product Picks: Velvet hangers, shelf dividers, closet bins

DAY 7: Decor Reset

Mini Goal: Add freshness and intentionality to your space

What to Do:

- Walk through your home and swap out 3–5 decor items
- Restyle a shelf, console, or coffee table
- Switch art, add new florals, or rotate decorative trays
- Light a candle or simmer pot for a homey scent

Style Tip: Group items in threes (height, texture, shape) for balance.

Bonus Idea: Mix vintage pieces with modern touches for a luxe feel.

Product Picks: Ceramic vases, decorative books, brass candle holders



BONUS PAGE: Before & After Reflection

How do you feel now?

Take a few moments to reflect on your refreshed space.

Prompts to Fill In:

What's your favorite area you refreshed?

What surprised you the most during this challenge?

How do you feel in your home now compared to Day 1?

What one small habit can you keep to maintain the calm?



INSPIRED *living*

You did it!

Your home is lighter, fresher, and more inspiring—just like you.

Don't stop here—let's keep the momentum going together.

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