

# Define Your Bedroom Feeling

## A MESSAGE FROM TASH

Before we talk colour, paint, or bedding, I want to know how you want your bedroom to feel. This is the most important step — your mood will guide every other decision we make together. Forget trends for a moment. Think about you, your sleep, your mornings, your evening wind-down rituals.

### STEP 1: YOUR BEDROOM PERSONALITY

When you walk into your bedroom, how do you want to feel?

Think in emotions — restful, calm, cocooned, energised, romantic, peaceful.

e.g "I want my space to feel like a boutique hotel — calm and luxurious but still mine."

### STEP 2: SENSORY CHECK-IN

What do you want to see that gives you that feeling?

Think about colours, textures, materials, lighting.

e.g "Soft blush walls, crisp white linen, warm oak bedside tables, dimmable lighting, blackout curtains."

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## 🎨 STEP 3: HOW DO YOU USE THE SPACE

How do you use your bedroom most?

What activities define the energy of the space?

e.g "Winding down with a book, getting ready in the morning, Sunday lie-ins, evening skincare routine."

## 🏡 STEP 4: YOUR FEELING STATEMENT

Wrap your reflections into one or two sentences that guide every design decision you'll make.

"I want my bedroom room to feel \_\_\_\_\_, like \_\_\_\_\_, so I \_\_\_\_\_."

💡 If your room changes mood throughout the day, write one for each:

☀️ Morning mood:

"In the morning, I want it to feel \_\_\_\_\_, like \_\_\_\_\_, so I \_\_\_\_\_."

🌙 Evening mood:

"In the evening, I want it to feel \_\_\_\_\_, like \_\_\_\_\_, so I \_\_\_\_\_."

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## STEP 4: YOUR FEELING STATEMENT

Here are a few examples to get you started with your feeling statement.



### Example 1 — Restful Retreat

"I want my bedroom to feel calm and restorative, like a spa sanctuary, so that every time I walk in I feel the day melt away."



### Example 2 — Cosy Cocoon

"I want my bedroom to feel warm and enveloping, like being wrapped in a soft blanket, so that every time I walk in I feel safe and held."



### Example 3 — Bright & Uplifting

"I want my bedroom to feel fresh and uplifting, like waking up on holiday, so that every time I walk in I feel ready to take on the day."



### Example 4 — Romantic & Intimate

"I want my bedroom to feel soft and romantic, like candlelit evenings, so that every time I walk in I feel connected and present."



### Example 5 — Serene & Minimal

"I want my bedroom to feel uncluttered and peaceful, like a Japanese ryokan, so that every time I walk in my mind quiets down."