

Minimalist Bedroom Checklist

45 steps to a calmer, clutter-free bedroom

Declutter & Edit Your Belongings

- ☐ Clear every surface completely, then earn items back
- ☐ Sort clothing into keep, donate, and unsure piles
- ☐ Remove furniture that doesn't serve the room's core function
- ☐ Box up sentimental items you're not ready to release
- ☐ Clear the space under your bed
- ☐ Edit decorative objects to a max of three per surface
- ☐ Reassess anything you're keeping "just in case"
- ☐ Do a final walkthrough and remove one more thing

Furniture & Layout

- ☐ Choose one focal piece and build the room around it
- ☐ Float the bed away from clutter-attracting corners
- ☐ Limit nightstands to one per side
- ☐ Choose furniture with legs instead of solid bases
- ☐ Swap a bulky dresser for built-in or closet storage
- ☐ Keep walkways at least 24–30 inches clear
- ☐ Remove furniture duplicated elsewhere in the home

Storage & Organization

- ☐ Assign every category of item a single home
- ☐ Use drawer dividers in at least one drawer
- ☐ Store off-season clothing outside the main closet
- ☐ Choose closed storage over open shelving
- ☐ Label bins and boxes, even ones you'll remember
- ☐ Keep a small catch-all for the day's loose items
- ☐ Reassess your closet with the one-year rule
- ☐ Add a hamper with a lid, not an open pile

Color Palette & Wall Treatment

- ☐ Pick one dominant neutral and stick to it
- ☐ Limit the palette to three tones total
- ☐ Choose a matte or eggshell finish over high-gloss
- ☐ Keep to one or two intentional wall-art pieces
- ☐ Paint or cover any high-contrast accent wall
- ☐ Test paint swatches at different times of day

Lighting

- ☐ Layer at least three light sources
- ☐ Choose warm-toned bulbs (2700K–3000K)
- ☐ Add a dimmer to your main overhead light
- ☐ Add a simple bedside lamp per nightstand
- ☐ Hide or route visible cords along baseboards
- ☐ Let natural light do more work during the day

Textiles & Finishing Touches

- ☐ Choose bedding in one to two coordinating tones
- ☐ Limit throw pillows to two or three
- ☐ Choose natural, textured fabrics over busy patterns
- ☐ Add one textured layer, like a throw or rug
- ☐ Keep curtains full-length and simple
- ☐ Choose one rug that grounds the furniture layout

Final Sensory Details

- ☐ Add one plant or a few stems in a simple vase
- ☐ Choose one subtle scent source
- ☐ Reduce visual noise from electronics
- ☐ Do a final five-minute reset before bed each night

Tip: Work section by section, top to bottom — declutter first, style last. Keep a donation box in the closet all month so momentum doesn't stall after day one.