

# *begin transforming your home into a haven in less than 30 minutes*

Have you ever looked around your home and wondered how you could ever transform it into a haven? **With these 5 quick steps, you'll set the tone of a room in your home and begin the process of transforming your home into a haven ... in less than 30 minutes.** Ready to begin?

- step 1** Pick one corner of the least messy room in your home. Set a timer for 10 minutes, and start **cleaning**. Depending on your home, this may involve decluttering, dusting, or deep cleaning. If you have a lot to clean, this may involve only one tabletop or drawer. If you don't have much to clean, spread out into the rest of the room and clean as much as you can for 10 minutes. If at all possible, try to make that space as tidy as you can. When your timer goes off, wrap up your cleaning!
- step 2** While you're cleaning, **think about the ideal way you'd love to use this particular space**. It might end up serving the same purpose as it currently does, or it may be time to change things up. As you think about your dreams for this area of your home, think about what's currently there. What items from the rest of your house could you juggle around and add to this space? What decorative touches and textures could you bring together? Could you spruce the space up with a small rug? Do you need to add a pop of color with a throw pillow or nubby blanket? Can you swap some vases or wall hangings from another room in your home? Take a few minutes and make those changes now.
- step 3** Add a **special scent to your newly-cleaned space**. Whether it's candles, an essential oil diffuser, a wax warmer, something baking in your kitchen, or even a fragrant dish soap in your sink, make sure you can smell something that's pleasing to you.
- step 4** Think about your favorite music for relaxing. Find it ... and play it.
- step 5** Grab your favorite drink. It might be a cup of hot tea, a mug of hot coffee, a glass of wine, or a tumbler full of ice water. Once you have your beverage of choice, sit down in your newly cleaned space. **Take at least 10 minutes and enjoy the atmosphere**. Use the time to read for pleasure, sit quietly and think, or brainstorm ways to freshen up other spaces in your home. Just make sure you take this time as a reward from your hard work. Look at what you've accomplished!

Now that you've successfully set the tone in a part of your home in less than 30 minutes, you can repeat the 5 steps any time. In fact, the more often you work through the process, the easier it will be to transform your entire home into a haven.