7-Day *Comfort Curator* Challenge

A gentle, printable guide designed to help you create everyday comfort through small, intentional changes.

This challenge is not about doing more. It’s about noticing what supports you — and building comfort in ways that feel natural and nurturing.

Welcome to
Your Comfort Reset

- Life gets busy, and our homes can start to feel like just another thing on the *to-do list*.

- The 7-day comfort challenge is here to gently guide you back to a sense of calm - *one small habit at a time.*

- This isn't about doing more. It's about creating space to feel more at ease, more supported, and more at home in your home.

Each day, you'll complete one simple action that invites in warmth, softness, and a sense of peace.

You can begin any day, at your own pace.

Day 1: Add a Cozy Layer

Today's Focus: Add a cozy throw or blanket to your favorite spot.

Gentle Tip: Choose something soft, warm, and inviting.

Comfort builds through layers that invite you to rest.

Day 2: Soften the Light

Today's Focus: Light a candle or use soft lighting in one room.

Gentle Tip: Warm light helps signal safety and ease.

Small lighting changes can completely shift how a space feels.

Day 3: Clear One Small Space

Today's Focus: Declutter one small area for a sense of calm.

Gentle Tip: A drawer, shelf, or surface is enough.

Comfort isn't about having less — it's about having what supports you.

Day 4: Add Soothing Sound

Today's Focus: Play calming music or nature sounds.

Gentle Tip: Choose sounds that help you relax or focus.

Sound is a quiet way to make a space feel held.

Notes

Day 5: Create a Warm Beverage Ritual

Today's Focus: Make time for a comforting drink you enjoy.

Gentle Tip: Let it become a daily pause you look forward to.

Rituals turn everyday moments into comfort anchors.

Day 6: Bring in a Comforting Scent

Today's Focus: Add a scent that makes you feel grounded.

Gentle Tip: Essential oils, candles, or fresh flowers all work.

Scent is one of the fastest ways to shift how you feel.

Day 7: Style a Comfort Corner

Today's Focus: Create a small corner that makes you feel safe and relaxed.

Gentle Tip: Include items that spark calm or joy.

Your comfort doesn't need to be perfect — it just needs to be yours.

Notes

Create Your Comfort Ritual

- What space in your home feels the most grounding right now?
- What scent, sound, or texture makes you feel safe and at ease?
- How can you create a 5-minute ritual to reconnect with yourself at home?
- What does “comfort” mean to you in this season?

Your Comfort Reflections

Use this space to note what felt good, what surprised you, and what you want to carry forward.

- What small change made the biggest difference?
- Which comfort rituals felt most natural?
- What would you like to continue doing daily?

Take it Deeper: Shop the Comfort Curator Collection.

You don’t have to do it alone. The Comfort Curator Collection was created to support your journey to a more peaceful home - with intentional products that help you feel at ease every day.

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