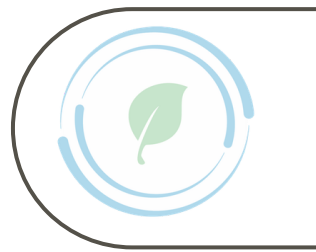




Bedroom Reset Checklist

VIDA SERENA
HELPS YOU
CREATE
A CALM
ENVIRONMENT
THAT SUPPORTS
REST, FOCUS,
AND
REJUVENATION.





YOUR BEDROOM IS MORE
THAN A PLACE TO SLEEP—
IT'S YOUR PERSONAL
SANCTUARY.

**This checklist helps
you consciously
refresh your space,
clear stagnant
energy.**



Bedroom Reset Checklist

- Smooth the bedding and fluff pillows to invite restful energy.

- Clear nightstands and surfaces of anything that disrupts calm.

- Fold, hang, or remove clothes that no longer serve you.

- Organize bedside essentials for ease and peace of mind.

- Let in fresh air or sunlight to revitalize the room.

- Adjust lighting to match your mood and promote relaxation.

- Add a personal touch that brings joy or serenity (plant, photo, scent).

- Walk through your room and notice the feeling of harmony you've created.



A CONSCIOUSLY
MAINTAINED BEDROOM
SUPPORTS NOT JUST
SLEEP, BUT YOUR ENERGY,
FOCUS, AND DAILY
WELLBEING.



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