COZYTWEAK

THE $100 ROOM REFRESH PLANNER

A printable guide for a calmer, more functional room - without committing to a big renovation.

YOUR REFRESH STARTS HERE

Room to refresh:

One problem to solve:

Your spending limit is 100 in your local currency (CAD, USD or another currency). Include taxes, shipping and supplies before you buy. A no-spend improvement counts as progress, too.

FREE PRINTABLE / 5 PAGES

1. Define the refresh

WHAT DO YOU WANT TO CHANGE?

- [ ] More inviting / cozy
- [ ] Less clutter / easier storage
- [ ] Better lighting
- [ ] More useful layout
- [ ] Renter-friendly update
- [ ] Other

Your top 3 priorities

1. _____
2. _____
3. _____

BEFORE YOU SHOP

- [ ] Measure the space and photograph the current layout
- [ ] Look for items you can rearrange or repurpose
- [ ] Check lease rules, fixing methods and safety
- [ ] Choose one focal point, not ten new purchases
- [ ] Compare complete costs and return policies

What I already own that I could use:

2. Make the $100 budget work

Plan in your own currency. These categories are suggestions - change the amounts to fit your room. Keep the total at or below 100, including tax and delivery.

Lighting or bulbs	25	Actual: _____
Textiles / soft goods	25	Actual: _____
Storage / organization	20	Actual: _____
Wall art / hardware	15	Actual: _____
Taxes / shipping / buffer	15	Actual: _____
PLANNED TOTAL	**100**	Actual: ____

ONE-PURCHASE PAUSE

- [ ] Do I know the exact measurements?
- [ ] Is there a no-spend alternative?
- [ ] Will I use it regularly?
- [ ] Are shipping, taxes and returns acceptable?

A product pictured online may differ by size, seller or country. Always check the live product page before buying.

3. Choose products thoughtfully

SHORTLIST - ONLY WHAT SOLVES A PROBLEM

Item / purpose	Size / fit	Total price	Keep?
1.			
2.			
3.			
4.			
5.			
6.			

HOW I WILL DECIDE

- [ ] Compare at least two suitable options when buying
- [ ] Avoid buying for looks alone if the item will not fit
- [ ] Save links or photos for later - no impulse checkout
- [ ] Keep the receipt and note the return window

4. A manageable 7-day plan

DAY 1	Choose the room and one priority
DAY 2	Measure, photograph, and declutter one area
DAY 3	Rearrange what you already have
DAY 4	Check lighting and comfort
DAY 5	Shortlist and price only necessary purchases
DAY 6	Make one careful change
DAY 7	Review what works; put everything back in place

AFTER YOUR REFRESH

What made the biggest difference?

What did I choose not to buy?

Actual amount spent:

Share the finished room only if you want to. You do not need to create a perfect before-and-after to enjoy an improvement.