

Life Layout Mini · The Calm Brooklyn Studio

A plan 450 that final

Personalized space + routine plan — calm, functional, a

Prepared for Maya · Brooklyn, NY · WFH Studio · Dog Owner · by Curated Calm

Small Space

WFH Setup

Dog-Friendly

\$400 Budget

WHAT'S INSIDE

- Visual Mood Board
- Room Layout Plan
- 7-Day Action Plan
- Budget Shopping List

SECTION 01

Visual Mood Board

Sage green, warm cream, and natural wood — a palette that reads calm without being cold. Every piece earns its place in 450 sq ft.

Color Palette



Sage

Cream

Warm Oak

Linen

Charcoal

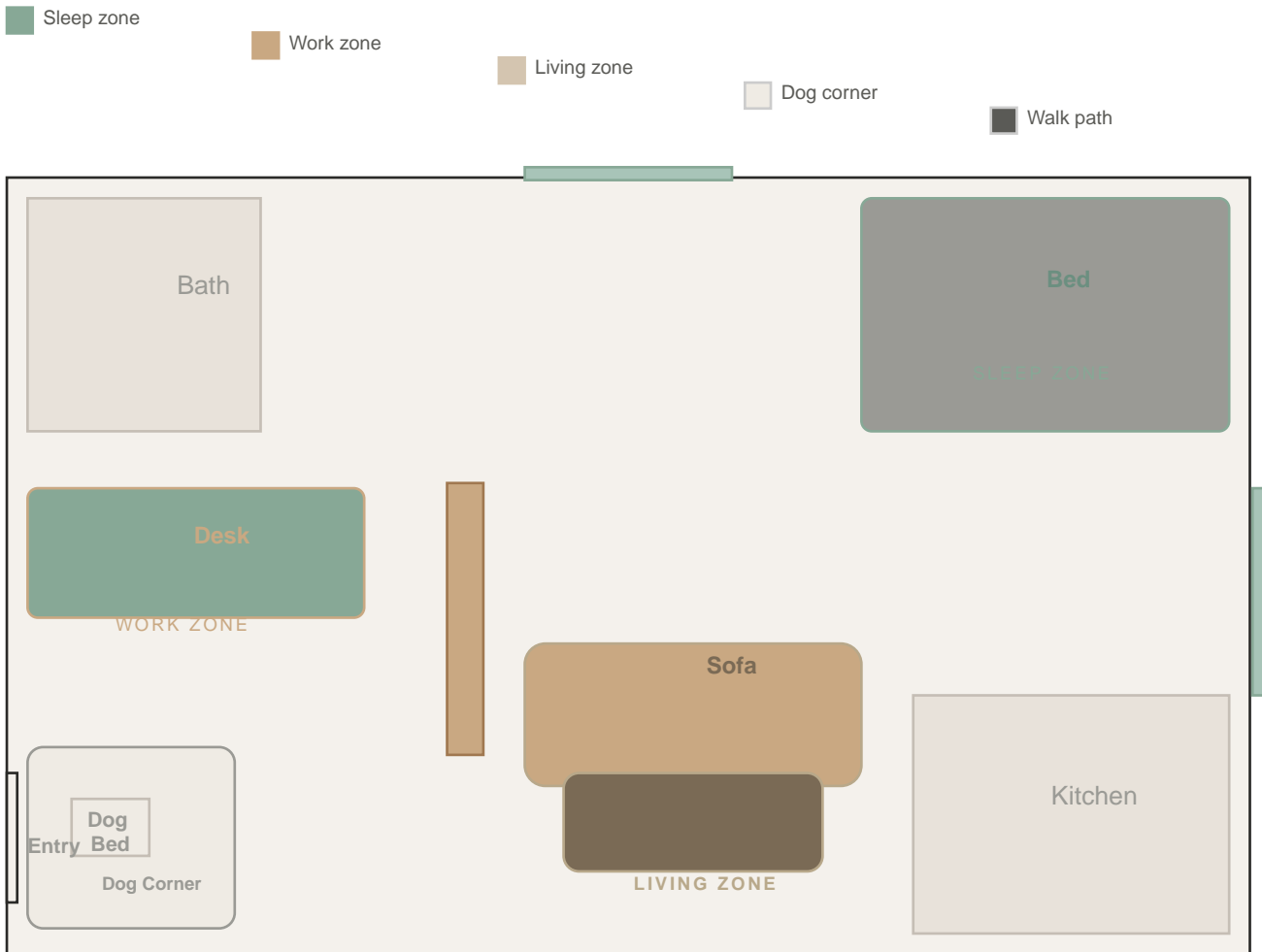
Mood board imagery references:

- **Anchor texture:**
Linen + ceramic in sage and warm cream
- **Warm walnut:**
Grounding without weight — shelf styling focus
- **Soft botanicals:**
Eucalyptus and greenery — dog-safe, low-maintenance
- **Minimal shelf styling:**
Negative space does the heavy lifting — edit to 3–5 pieces max

SECTION 02

Room Layout

450 sq ft remapped around one rule: every zone serves two purposes. The sofa backs a bookshelf room divider to carve out a real WFH corner — no door needed.



approx. 450 sq ft · not to scale

Key moves:

The bookshelf divider creates psychological separation between desk and sofa — critical for WFH mental boundaries in a studio. Sofa faces away from the work zone. Desk faces a wall (reduces visual noise). Dog bed is at the entry corner.

What didn't fit:

Dining table removed in favor of a fold-down wall mount near the kitchen. Saves ~18 sq ft in the primary path.

SECTION 03

7-Day Action Plan

Broken into daily chunks so nothing feels like a project. Days 1–3 are free (just decluttering and measuring). Spending starts Day 4.

Day 1

Clear

Free

~2 hrs

Declutter Zone A: the living area floor. Pull everything off the floor and out of visible surfaces. Three bins: keep, donate, trash. Target: one cleared corner where the sofa will go.

Day 2

Measure

Free

~1 hr

Tape out the new layout on the floor using painter's tape to mark sofa, desk, and bookshelf positions. Walk through the paths. Adjust until it feels right. Take a photo.

Day 3

Move

Free

~2 hrs

Shift existing furniture into the new positions. Move the sofa and desk first — biggest impact. Don't add anything new yet. Sleep on it: does the sofa-back-to-desk divider actually work?

Day 4

Order

~\$210

30 min

Place the anchor purchases: rug (defines living zone), bookshelf divider (work/sleep separation), and dog bed. These three items reshape how the space feels most.

Day 5

Layer

~\$85

1 hr

Add desk organization + lighting. Order the desk lamp and cable management tray. Organize desk surface: only what you use daily stays out.

Day 6

Style

Free

1–2 hrs

Arrivals day — set up and style. Lay the rug, position the bookshelf, put the dog bed in the corner. Add the eucalyptus plant. Style the shelf with ceramics you already own (edit to 3–5 pieces max). Photograph it.

Day 7

Settle

Free

Ongoing

Live in it for one full day before changing anything. Notice what's working and what's not. Write down two things: what feels immediately better, and the one thing still bothering you.

SECTION 04

Budget Shopping List

10 items. \$400 total budget. Every pick is doing double-duty — aesthetic + functional. Nothing here is decorative-only.

ITEM	WHERE	PRICE
5x7 Jute Area Rug (natural) Defines the living zone without visual weight. Jute is dog-claw durable.	Amazon	\$65
KALLAX 4-cube shelf unit (white/birch) Room divider between desk and sofa. Open back keeps the space airy.	IKEA	\$79
Arch floor lamp (matte black or brass) Reading light over sofa without a side table. Arch clears the floor path.	Amazon	\$55
Orthopedic dog bed, medium (sage or oatmeal) Matches palette. Keeps the dog off the sofa.	Chewy	\$48
Desk lamp with USB-C charging port Frees up one outlet. Warm 2700K color temp matters for WFH eye strain.	Amazon	\$38
Cable management tray (under-desk mount) Eliminates the floor cable tangle that makes small spaces read as chaotic.	Amazon	\$18
Eucalyptus or snake plant, 6" pot Both non-toxic to dogs. Snake plant thrives in low-light studio corners.	Amazon	\$22
Linen throw blanket (cream or oatmeal) Instant texture on sofa arm, doubles as dog blanket protection.	Amazon	\$28
Fold-down wall-mount desk bracket kit Dining surface when needed — mounts flush when not in use. Saves 18 sq ft.	Amazon	\$35
Sage ceramic bud vase (set of 2) For shelf styling — ties the palette together. Buy these last if budget is tight.	Amazon	\$16
Estimated Total:	right on budget	\$404

YOUR TURN

Want t

yo

spa

One problem. One custom plan — mood board, room layout, shopping list. Delivered by email, every business day.

● Visual Mood Board

● Room Layout

● 7-Day Action Plan

● Shopping List

curated-calm.polsia.app

Launch week · \$75 · 5 slots only