

# The Soulful *Home* Starter Kit

*Your complete guide to a space that feels like you.*

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WELCOME

# Hello, Design Lover.

Welcome to **The Soulful Home Starter Kit** — your hands-on companion for creating spaces that feel beautiful, personal, and truly liveable.

Great interior design isn't about spending a fortune or following every trend. It's about understanding a few timeless principles, then applying them with your own sensibility. That's exactly what this kit gives you.

Use these pages however works best for you — read cover-to-cover, jump to the section you need most, or print it out and keep it on your desk while you plan.

## How to Use This Kit

- 1 Read first** — Skim all sections once to see the full picture.
- 2 Choose a room** — Pick one room to focus on first. Change is easier one space at a time.
- 3 Apply the 3-Color Rule** — Every room you work on, run it through the formula on page 5.
- 4 Use the templates** — The mood board and layout planner are your practical tools.
- 5 Shop intentionally** — Cross-reference the sourcing guide before buying anything.



# 5-Room Mood Board Templates

A mood board is a designer's secret weapon. It lets you **see your vision before you spend a single euro**. Each template below gives you a framework for one key room — just fill in your own photos, fabric samples, and paint swatches.

## 1 Living Room

ANCHOR · LAYERS · PERSONALITY

Start with your sofa as the anchor piece. Build outward in concentric rings of texture and color.

## 2 Bedroom

CALM · WARMTH · REST

Limit to 3 colors max. Use 60% neutral, 30% mid-tone, 10% accent. Invest in lighting quality.

## 3 Kitchen

FUNCTION · LIGHT · COMMUNITY

Consider the 'work triangle' (sink–hob–fridge). Style with open shelves and warm metallics.

## 4 Home Office

FOCUS · INSPIRATION · ORDER

Position desk near natural light. Add one art piece at eye level for visual rest during work.

## 5 Dining Space

GATHERING · WARMTH · MEMORY

A statement pendant light transforms a dining area more than anything else. Go bold here.

# The 3-Color Rule

Professional designers rarely use more than three colors in a single room. This constraint forces harmony. Here's the formula that makes any palette work.

60 %

DOMINANT

30 %

SECONDARY

Curtains, accent chair, rug, bedding — your main personality color.

Cushions, vases, candles, art  
the wow-factor pop.

10 %

## SAMPLE PALETTES

### Warm Terracotta



### Sage & Linen



### Ocean Dusk



### Dusty Blush



# Budget Sourcing Guide

You don't need a designer budget to get designer results. The secret is knowing **where to look** and **what to splurge vs. save on**. Here are 40+ curated sources across every budget tier.

## Golden Rule:

Splurge on: sofa, bed, dining table, statement lighting — things you touch daily.

Save on: cushions, throws, candles, plants, wall art, side tables, trays.

Never scrimp on: a good mattress and quality window treatments.

### Luxury Splurge

- Poliform — Italian fitted wardrobes & s...
- Flexform — Timeless upholstered sofas
- Flos — Architectural lighting design
- B&B Italia — Investment-piece seating
- Salvatori — Natural stone surfaces
- Artemide — Iconic Italian luminaires
- Minotti — Contemporary Italian furniture

### Mid-Range Sweet Spot

- West Elm — Modern organic furnish...
- CB2 — Urban contemporary pieces
- HAY — Scandinavian design at fair pr...
- Muuto — Nordic functional furniture
- Normann Copenhagen — Playful Dani...
- Menu/Audo — Refined Scandi access...
- Ferm Living — Textural soft furnishings

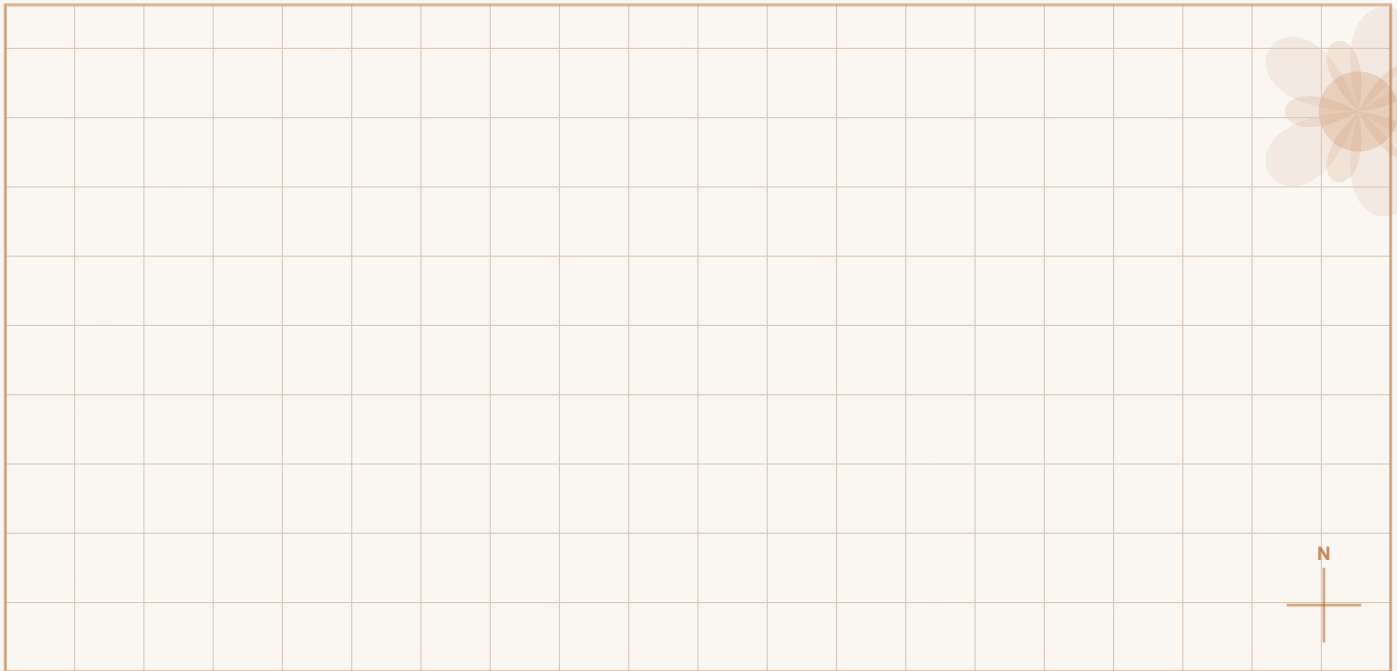
### Budget Wins

- IKEA (hacked) — Foundations you cu...
- H&M Home — Trend-led textiles & cer...
- Zara Home — Affordable luxury feel
- TK Maxx / HomeGoods — Treasure h...
- Etsy — Unique handmade & vintage f...
- Vinted / eBay — Pre-loved statement ...
- Local markets — Antiques & one-of-a-...



# Furniture Layout Planner

Print this page and use the grid below as your floor plan. Each square = 30 cm. Cut out furniture shapes from coloured paper and move them around before committing. The **Golden Rules** of furniture placement follow the grid.



Scale: each square = 30 cm × 30 cm

## GOLDEN RULES OF LAYOUT

- ✓ Leave at least 90 cm of clear walkway through any room — comfort requires flow.
- ✓ Float furniture away from walls. Pieces pushed to the perimeter make a room feel smaller.
- ✓ Anchor every seating area with a rug. All front legs on the rug, or all off — never split.
- ✓ Create conversation distance: 2–3 m between facing seats is ideal for eye contact.
- ✓ The TV should be at seated eye level — never higher than your eye line when sitting.

# Seasonal Refresh Checklist

Your home should shift with the seasons — not with expensive renovations, but with small, intentional swaps. This checklist keeps your space feeling fresh all year long.

## SPRING

- Swap heavy throws for lightweight linen blankets
- Bring in fresh botanicals — eucalyptus, cherry blossom, tulips
- Open windows daily; refresh cushion covers with lighter fabric
- Add a citrus or floral candle scent
- Declutter one drawer or shelf — give away what you haven't used

## SUMMER

- Layer in natural materials: rattan, jute, seagrass
- Introduce cooler blue or green accents via cushions or art
- Replace heavy curtains with sheer panels for soft light
- Display a bowl of seasonal fruit on the kitchen counter
- Move plants near windows where light is strongest

## AUTUMN

- Layer rugs — place a smaller textured rug over your main rug
- Introduce warm amber, rust, and forest green accents
- Swap bedding for flannel or brushed cotton
- Create a cosy reading nook with a chunky knit throw
- Add warm-temperature bulbs (2,700 K) to key lamps

## WINTER

- Cluster candles on trays for ambient glow in evenings
- Pile up extra cushions and blankets on sofas
- Add a diffuser with cedarwood, cinnamon, or spiced orange
- Hang a mirror to reflect natural light and brighten dark days
- Display meaningful objects: books, ceramics, family pieces



BONUS · CHEAT SHEET

# Design Principles

## Quick Reference

### Scale & Proportion

Vary the heights and sizes of objects deliberately. A tall lamp next to a low sofa creates dynamic contrast. Group items in odd numbers (3 or 5) for visual interest.

### Negative Space

Resist the urge to fill every surface. Empty space gives the eye somewhere to rest and makes your chosen objects feel more intentional and precious.

### Lighting Layers

Never rely on a single overhead light. Use 3 types: ambient (overhead), task (reading/work lamps), and accent (candles, table lamps). Dimmer switches transform a room.

### Flow & Continuity

Use a repeating element — one color, one material, one shape — in every room to create the feeling that your whole home was designed by one thoughtful person.

### The Rule of Odds

Odd numbers of objects — 1, 3, 5 — are more visually pleasing than even groupings. Style shelves in threes: tall item + medium + short, varied textures.

### Texture Layering

Aim for 5+ textures per room: smooth (ceramics), rough (jute rug), soft (velvet), natural (wood), shiny (brass). Visual richness comes from texture, not clutter.

### The Eye Line Rule

Hang art so the centre of the work is at 145–150 cm from the floor — average eye level. TVs go lower than you think. Shelves work best slightly below eye level.

### Less is More (But Not Nothing)

Minimalism isn't about empty rooms — it's about choosing each object for a reason. Ask: does this bring beauty, function, or meaning? If none of these, let it go.



**"A home is not just a place to live —  
it is the architecture  
of your daily life."**

Explore more at  
**[theplandecor.com](https://theplandecor.com)**

Pinterest: @theplandecor · X: @HazelQuinn512

*Feel free to share this guide with someone who loves good design.*