

Bedroom Analysis Worksheet

Print out this form. When you have a few minutes for yourself walk into the bedroom. Think about the activities you conduct in this room. Is everything arranged so that you can comfortably carry out these activities?

Take the time to answer the questions below. This is not a timed test. Take as much time as you need. A day, a week, or a month, time does not matter here. What does matter is that eventually you will have a concrete idea of what you want to accomplish.

Questions:	Answers:
Is this bedroom the private restful sanctuary you desire it to be?	
If you share the bedroom, is there sufficient room for two people to dress and move around comfortably?	
Besides sleeping, are there other activities you conduct there, such as reading, TV watching, talking on the telephone	
If you put your makeup on in this room, Is there a convenient spot with good lighting for this ritual?	
Is your storage and closet space adequate for your clothing?	
If you like to have your coffee in bed in the morning, is there a convenient place to make it?	
Is there convenient seating other than the bed?	
Are you happy with the colors in your room? Do they make you peaceful and relaxed or are they grating and make you anxious?	
What do you like about the room?	
What do you dislike about the room?	

These are just a few questions to get your creative juices working and help you start really looking at your bedroom. Use this chart and also look at the more comprehensive chart, Analyze Your Living Room, which you can access from the Sitemap. Once you have filled these in and have decided on your preferences, than go on to Decorating the Master Bedroom.