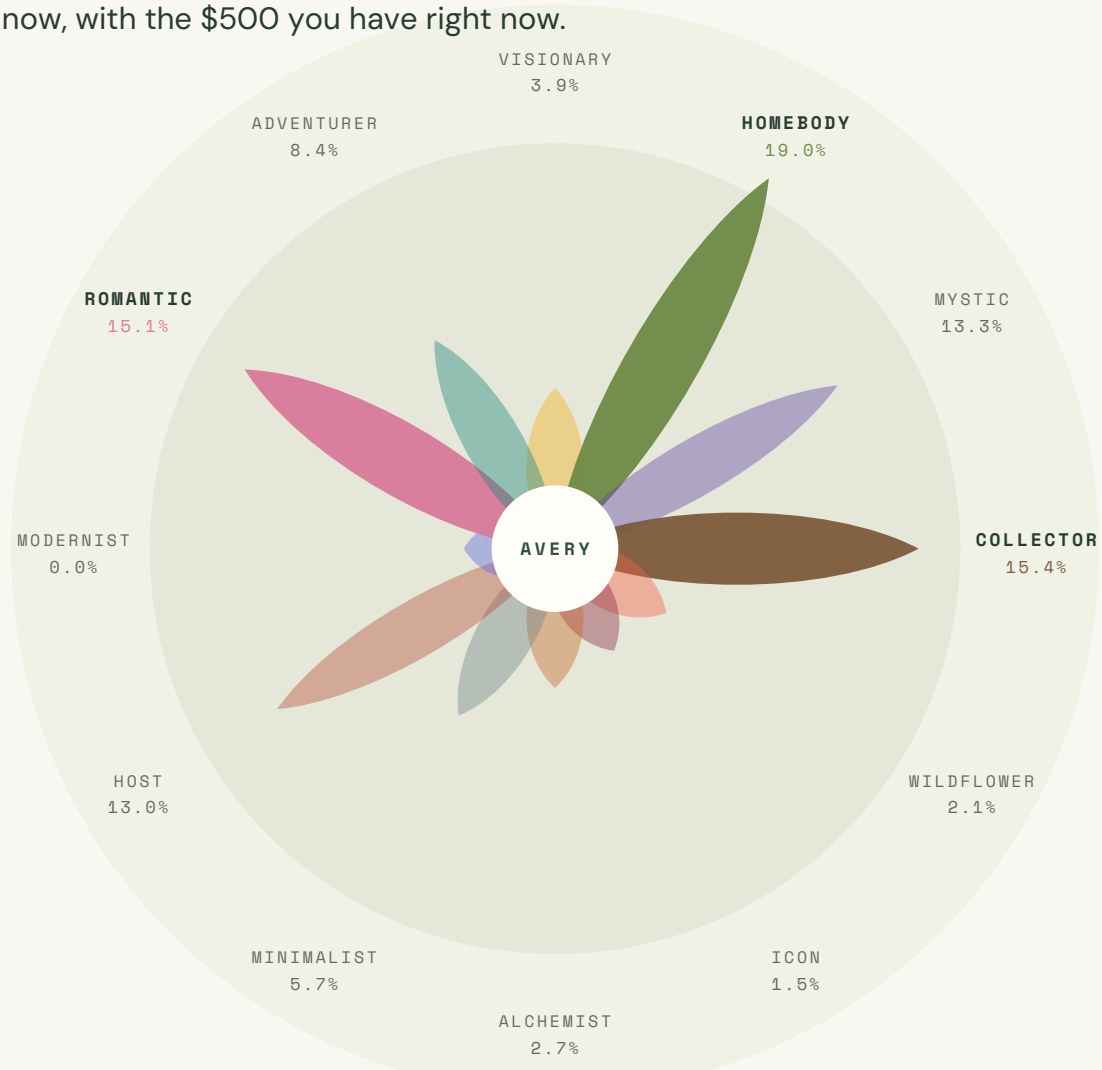
MAKE ROOM FOR WHO YOU ARE BECOMING.

Avery, you are a Homebody Collector.

with a Romantic streak. This is your full design profile: what your forty eight answers say about you, all twelve dimensions of your life, and a plan for the bedroom you have right now, with the $500 you have right now.



PRIMARY
The Homebody 19.0%

SECONDARY
The Collector 15.4%

TERTIARY
The Romantic 15.1%

IF YOU READ NOTHING ELSE

Hi Avery. Here is the short version.

You answered forty eight questions about the kid you were, the morning you want and the room you have. I read all of it, twice. Short version: you are a **Homebody** first, a **Collector** second, and a **Romantic** streak runs through both. In normal words: a room that lets you rest, filled with things that mean something, and you notice bad lighting before anyone else in the apartment.

The free quiz gave you a starting archetype. The Deep Dive confirms the blend. The next 22 pages explain how I know all this and what to do about it with $500 and a room you are not allowed to paint. If you only read one page, read this one. My own note to you is in the email this came in.

Mia MIA BUKOW · FOUNDER OF ROOM2FLOURISH

YOUR BLEND
Homebody 19.0%, Collector 15.4%, Romantic 15.1%

YOUR ROOM
11 by 12 feet, white walls, beige carpet, no paint allowed

YOUR MONEY
$415 planned, $85 held back for a flea market find

YOUR FIRST WEEK
Page 23. Seven days, one small thing each

WHAT YOU WERE PROMISED, AND WHERE IT IS

Your archetype blend
PAGES 3 TO 8
How your preferences fit together, including what you wrote.

Sensory comfort and everyday routines
PAGES 10 TO 19
Light, texture, color, and how you study, create and unwind.

What matters in your space now
PAGES 9 AND 20
Your objects, your frustrations, your goals, the actual room.

Priorities for your room
PAGE 20
Focus, creativity, quiet, connection and joy, in order.

Practical places to start
PAGES 21 TO 24
The room plan, the $500 list, the first seven days.

THREE MOVES THAT MATTER MOST

01 Kill the ceiling light
Two warm lamps at different heights. Nothing else you buy will matter more. Page 11 has the bulbs.

02 Build the nest
Bed on the long wall, two layers of bedding, a throw with real weight. Your one spot that is always yours.

03 Your story wall
A picture ledge above the bed. Five frames, the pressed leaf, the ticket stubs, up on the wall.

TONIGHT
Turn the ceiling light off and one lamp on. Sit on the bed for five minutes. That is the whole assignment for tonight.

HOW TO READ A BLEND

PRIMARY
Homebody
Your starting archetype, confirmed. Sets the mood.

→

SECONDARY
Collector
Close behind. Shapes what you fill the room with.

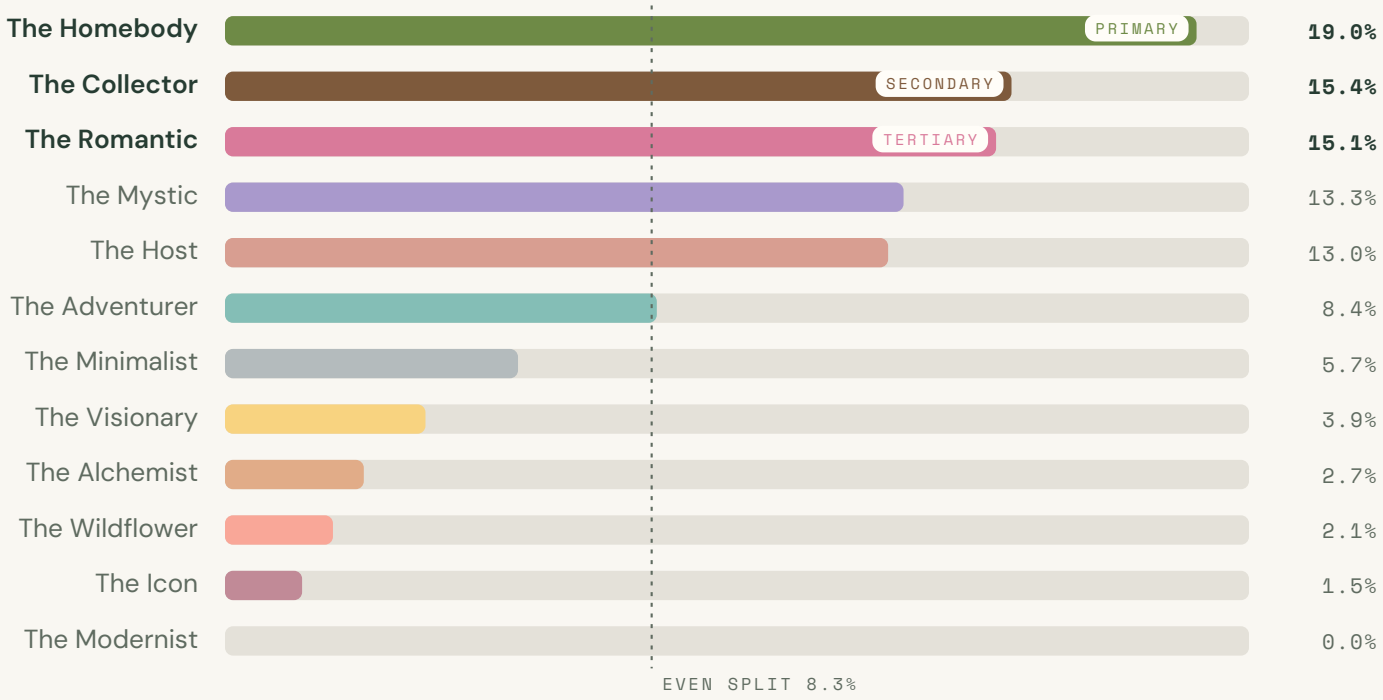
→

TERTIARY
Romantic
The streak. The finish people notice last and remember.

YOUR RESULTS

All twelve, ranked

Every archetype got some of your points. Here is your share, first to last. The dotted line is an even split. You might connect with two or three archetypes, and that is totally fine. They are starting points, so you do not have to fit into one box.



A CLEAR FIRST

12 points ahead

The Homebody scored 63 weighted points to the Collector's 51, and finished in the top three in 5 of 6 sections, including first in the one that counts most. Trust this one.

A CLOSE SECOND

1 point apart

The Collector beat the Romantic by one point. One. You carry both, and if Romantic feels like the bigger one to you, flip them. Every page in here still works.

TWO NEAR MISSES

13.3 and 13.0

The Mystic (reflective, drawn to meaning) and the Host (warm, built for connection) nearly made your three. One wants the door closed, the other wants your friends in here. Page 6 has both.

WHAT YOUR LOWEST SCORES SAY

WILDFLOWER 2.1% ICON 1.5% MODERNIST 0.0%

The Modernist scored zero. The Icon and the Wildflower barely registered. Sleek, glossy and loud rooms do not feel like home to you, no matter how good they look on your feed. That is useful. You can scroll past the white gloss desk setups and the neon signs without wondering if you are missing something. You are not.

One exception. If a sleek thing makes life easier, like a good desk lamp, keep it. It just cannot set the mood.

PRIMARY ARCHETYPE · 19.0% OF YOUR POINTS

The Homebody

Warm, tactile, settled.

FROM YOUR ARCHETYPE CARD ON THE SITE

You want your surroundings to feel comfortable, familiar and real rather than polished for someone else's approval.



THE HOMEBODY ROOM, FROM THE BOOK

You are a Homebody. You have been one since before you had the word for it. You said that as a kid you were always outside, digging in the dirt, and I would bet you came in for dinner at the same table every night. You trust rooms that look lived in. Rooms where nobody is allowed to touch anything make you want to leave.

That is not a lack of ambition. It is how you run. When your room is warm and familiar you sleep better, study longer and have more patience for your roommates. When it is white, bright and borrowed, you feel like a guest in your own life. Your word, not mine. Everything in this report is about making your room the place you come back to, not the place you keep your stuff.

WHAT FEEDS YOU

- Natural materials
- Familiar objects
- Handmade pieces
- Warmth

WHAT DRAINS YOU

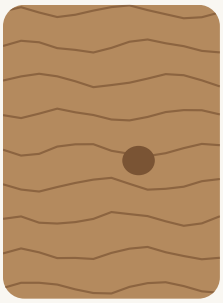
- × Cold lighting
- × Flimsy finishes
- × Too polished to relax in

THE RULE

The touch test. Before you buy anything, ask if you would want to touch it. Linen, wool, wood and clay pass. Shiny plastic does not.

MATERIALS THAT BELONG TO YOU

Natural materials, raw wood, clay, terracotta, woven baskets, cotton or linen, warm lamps and handmade pieces. A thrifted nightstand or a bowl from someone you love can matter more than a shiny matching set.

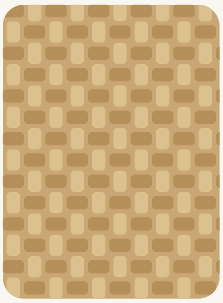


Raw wood
A thrifted nightstand

Linen
Bedding that softens

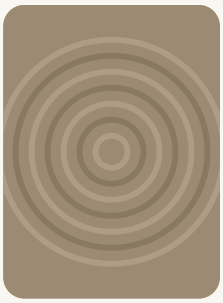


Terracotta
A pot for the pothos



Woven basket
Storage you can see

Wool
A throw with weight



Clay
One handmade mug

YOUR SUPPORTING ARCHETYPES

Collector and Romantic

SECONDARY · 15.4% OF YOUR POINTS

The Collector

Observant, selective, every piece has a reason.

You are drawn to the stories behind objects, and your space becomes a record of what you have noticed, loved and carried forward.

Your Collector side is why your room will never look like a catalog page. You keep the ticket stubs, the pressed leaf, your grandma's blue mug, and you remember every story. The Collector gives your comfort a memory.

The catch is display. A Collector without a plan has boxes. With one good shelf, the room says who she is before she does.

KEEPS
Letters, tickets, photo strips

HUNTS AT
Thrift stores, flea markets, curbs

WATCH FOR
Stories still packed away



IN YOUR ROOM

- Framed prints, old books, thrift finds
- One shelf of objects with a story, never a store display
- Swap the objects with the seasons

WHAT IT ADDS
Meaning. Without it, cozy goes generic.

TERTIARY · 15.1% OF YOUR POINTS

The Romantic

Soft, expressive, in love with details.

You care about the emotional feeling of a space and notice the small details that make an ordinary day feel more special.

Your Romantic streak is quieter, but it is all over your answers. You wrote about rain, wool socks, a record playing low. This is the layer that turns cozy into pretty.

Romantic for you is not pink ruffles, although no judgment if it is. It is a lamp glowing at 11 pm, a blanket with real weight, flowers on the desk, and one object that makes you look twice.

NOTICES
Light, fabric, flowers, rain

SHOWS UP
In the evening, after dark

WATCH FOR
Mood that replaces a plan



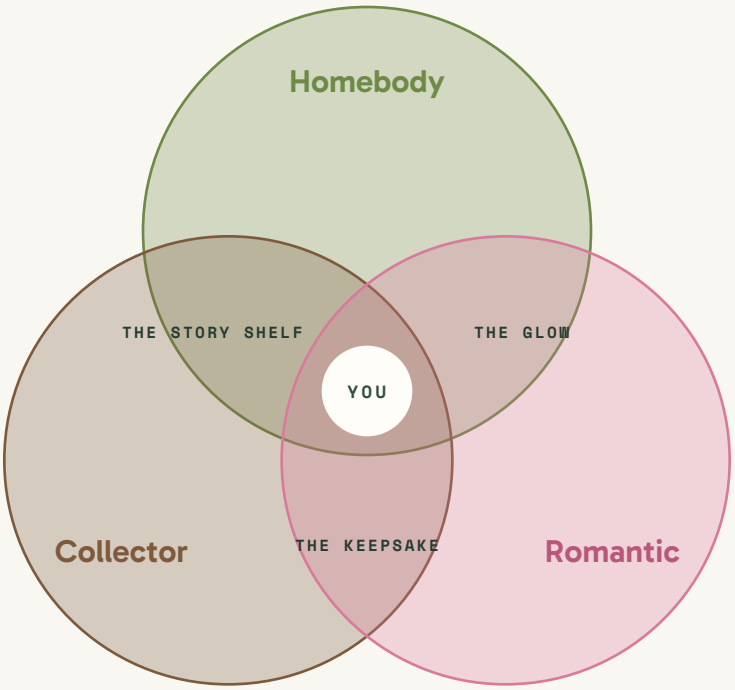
IN YOUR ROOM

- Soft fabric, warm lamps, curved shapes
- Flowers or greenery, a few beautiful little objects
- Blush, berry or deep red. Your call.

WHAT IT ADDS
Beauty. It makes the room feel special, not only safe.

HOW YOUR BLEND WORKS

Where the three overlap



YOUR BLEND IN ONE SENTENCE

A warm, lived in room that remembers your life and glows at night.

The story shelf

HOMEBODY AND COLLECTOR

Comfort that remembers. Your objects live where you rest, on one shelf, not every surface.

The glow

HOMEBODY AND ROMANTIC

Warm light and soft fabric. A room that changes mood after dark.

The keepsake

COLLECTOR AND ROMANTIC

Small, beautiful, meaningful. The blue mug, a pressed flower, letters in a box worth keeping.

WHY ORDER MATTERS

If the Collector led, your room would be a gallery that happens to be cozy. With the Homebody leading, it is a cozy room that happens to hold a gallery. When you are stuck between two choices, comfort decides first and the story decides second.



THREE TENSIONS TO DESIGN AROUND

A person can contradict herself. You can love a layered wall and still need a clear desk. Good personalization keeps both truths.

Rest or collect?

Your Homebody wants to close the door and breathe. Your Collector keeps bringing things home. Left alone, the Collector wins and the room gets crowded.

HOW TO HOLD BOTH

Collect all you want. Display in one place. Keep the bed and the desk clear.

Pretty or practical?

Your Romantic wants a room that looks like a dream. Your Homebody needs it to work on a Tuesday at 11 at night.

HOW TO HOLD BOTH

Choose beautiful things you can wash. Cotton and linen over velvet. Flameless candles, because your lease says so.

Door open or closed?

Your near misses pull opposite ways. The Mystic wants the door shut. The Host wants your friends in here.

HOW TO HOLD BOTH

The living room is for the Host. Your room gets one chair for one person, and a door that closes.

SECTION BY SECTION

How you answered

The Deep Dive has six sections. The Homebody finished in the top three in 5 of them, and at least one of your three placed first or second in all six.

01 Who You Truly Are

●●●●● COUNTS ×5

Your clearest section, and it counts five times. The kid you were wanted warmth and familiar people. The Host came second here, which is why people show up all over your answers.

Homebody	27.8%	#1
Host	22.2%	#2
Romantic	16.7%	#3
Mystic	11.1%	#4

02 What Moves You

●●●●○ COUNTS ×4

This is where your Romantic streak comes from. The beauty that stops you is old, meaningful and made by people. The Collector follows close behind.

Romantic	26.7%	#1
Collector	20.0%	#2
Homebody	13.3%	#3
Mystic	13.3%	#3

03 Your Sensory World

●●●○○ COUNTS ×3

A three way tie. You picked natural materials and clean smells like cedar and rain. Your cozy has a clean edge: wood and linen, not fuzzy everything.

Homebody	20.0%	#1
Minimalist	20.0%	#1
Adventurer	20.0%	#1
Mystic	13.3%	#4

04 Your Aesthetic World

●●●○○ COUNTS ×3

Your eye goes to objects with history and depth. The Homebody comes fourth here. What you love to look at is more layered than what you need to rest.

Mystic	19.0%	#1
Collector	19.0%	#1
Adventurer	19.0%	#1
Homebody	14.3%	#4

05 How You Live

●●○○○ COUNTS ×2

Daily life looks like one on one time, private rituals and clothes with a past. The Collector leads, the Mystic is close behind.

Collector	23.8%	#1
Mystic	19.0%	#2
Homebody	14.3%	#3
Minimalist	9.5%	#4

06 Your Becoming

●●○○○ COUNTS ×2

Your whole blend plus the Host, all tied. What you want next is a warm, layered home full of the things and people you love.

Homebody	18.8%	#1
Collector	18.8%	#1
Host	18.8%	#1
Romantic	18.8%	#1

THE ANSWERS THAT MATTERED

What drove your result

Every answer gives points to three archetypes, and the first section counts five times. These eight answers sent the most points to your three. Read them back. If they still sound like you, trust the result.

Q5
The energy your closest people would use to describe you is most like…
You picked: Warm, grounding, the person everyone wants around when things get real
HOMEBODY · ROMANTIC · +10 POINTS

Q6
The story your life is telling right now feels like it is about…
You picked: Finding your way back to yourself after designing a life for everyone else
HOMEBODY · ROMANTIC · +10 POINTS

Q7
When you imagine the life you are calling in, the feeling you are chasing most is…
You picked: Warmth and abundance, a home that feels like the best hug in the world
HOMEBODY · ROMANTIC · +10 POINTS

Q8
The kind of beauty that genuinely stops you in your tracks is…
You picked: Something ancient or sacred, art and architecture that carries centuries of meaning
COLLECTOR · ROMANTIC · +8 POINTS

Q11
The feeling you want every single morning when you wake up is…
You picked: Warmth and ease, soft light, something brewing, the day unfolding gently
HOMEBODY · ROMANTIC · +8 POINTS

Q12
What you are most ready to leave behind is…
You picked: Living in spaces and wearing clothes that belong to a past version of you
ROMANTIC · COLLECTOR · +8 POINTS

Q13
What fills you with genuine awe and wonder is…
You picked: Human creativity, art, architecture, music, or writing that makes you feel less alone
ROMANTIC · COLLECTOR · +8 POINTS

Q21
The aesthetic world that has always quietly called to you is…
You picked: Romantic and layered, English gardens, Parisian apartments, spaces that feel loved for centuries
ROMANTIC · COLLECTOR · +6 POINTS

ABOUT THE NUMBERS

Your 35 multiple choice answers each gave points to three archetypes. Sections count differently: 5, 4, 3, 3, 2, 2. Your percentages are your share of all 332 weighted points. An even split would give each archetype 8.3 percent, so anything well above that is a real signal. Your five written answers did not change the score. They changed what I wrote. That is the whole idea of the Flourish Intelligence Engine™: the questionnaire learns about you, then every recommendation gets a why.

IF THIS FEELS WRONG

Read the near misses.
The Mystic and the Host were close. If one of them feels more like you than the Collector, read their pages in the book and see.

Flip the order.
One point separates Collector and Romantic. If Romantic feels first, it is. Every page still works.

Retake it in a month.
Answer fast, first instinct only, and see what moves. Your archetype should not move. Your mood will.

Tell me where it missed.
Reply to the email this came in. The misses are how the questions get better.

WHAT YOUR OPEN ANSWERS REVEALED

In your own words

Q4 · WHO YOU TRULY ARE — SETTLING · BELONGING · HOST HINT

Describe the person you are in the process of becoming.

"Someone who feels settled. I have been living out of boxes since August and I want to stop feeling like a guest in my own room. I want to be the friend whose room people come to when they need a break."

What I noticed. You used the word guest. That one lands for a Homebody. You are not asking to become someone new. You are asking to move in. The last line is your Host side: your room is supposed to hold other people too.

Q10 · WHAT MOVES YOU — MEMORY · KEEPSAKES · PERMISSION

What did you love as a kid that you quietly let go of?

"I used to make scrapbooks out of everything. Ticket stubs, pressed leaves, notes from friends. I stopped in high school because it felt babyish. I miss it."

What I noticed. This is the Collector, undiluted. You were never collecting stuff. You were collecting proof that things happened. It was not babyish. Your room is about to become the scrapbook.

Q18 · YOUR SENSORY WORLD — SOFT LIGHT · TEXTURE · LOW SOUND

Describe your ideal morning in sensory detail.

"Gray light through the window, rain if I am lucky. Big sweatshirt, wool socks, coffee in my grandma's blue mug. A record playing low. Nowhere to be until ten."

What I noticed. Every detail is soft: low light, heavy fabric, a warm drink, quiet sound. That is your Homebody and Romantic sides agreeing. The mug is the Collector. Of course the mug has a story.

Q27 · YOUR AESTHETIC WORLD — STORIES · ON PURPOSE · DISPLAY

What one story would your home and wardrobe tell?

"That I am someone who keeps things. Not in a messy way. Everything I own reminds me of someone or somewhere, and I want my room to look like that on purpose."

What I noticed. On purpose is the most important phrase you wrote. Right now your keeping happens under the bed. The job is to move the stories out where you can see them, without the room turning into a pile.

Q39 · YOUR BECOMING — LIGHTING · BOXES · BREATHE

Anything else you want Mia to know?

"I moved into my first apartment in August with two friends. My room is the small one. White walls, beige carpet, one ceiling light that makes it look like a waiting room. Half my stuff is still in boxes under the bed. I want to walk in and feel like I can breathe."

What I noticed. Three fixes, and no negotiating, because the room is yours. Change the light. Get the boxes out and give things homes. Put your own story on the wall. This report is built around those three.

THEMES ACROSS YOUR FIVE ANSWERS



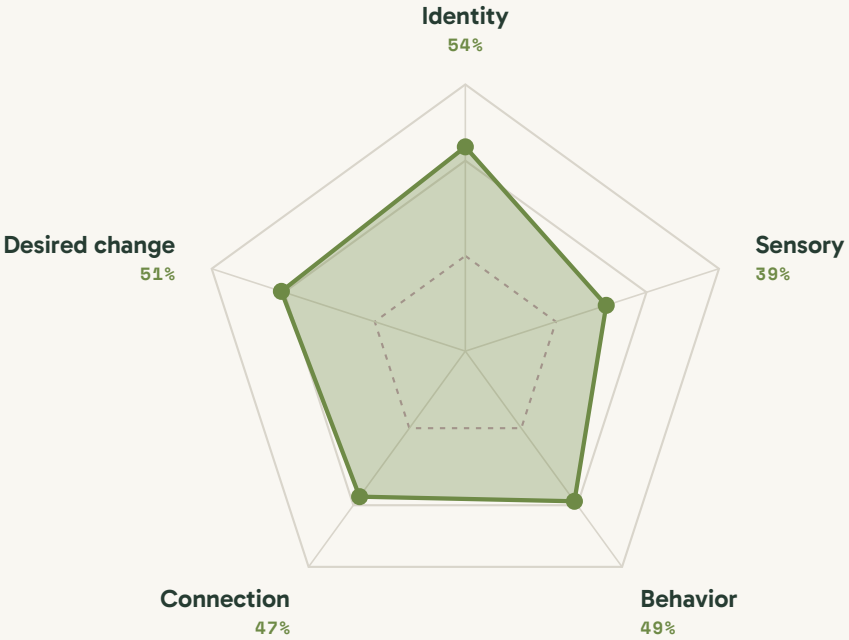
THE SURPRISE

People show up in 4 of your five answers: a friend who needs a break, notes from friends, a grandma's mug, two roommates. For a Homebody, home is not only a place to be alone. Your Host score agrees. Plan one seat for someone else.

THE FIVE LENSES

Five ways of looking at you

The Deep Dive page calls these five ways to look a little closer. Every one of the 35 questions belongs to one of them. The score is how much of that lens went to your three archetypes. An even spread would be 25 percent, so all five are strong. The spread between them is the interesting part.



DOTTED RING = EVEN SPLIT, 25%

HOW TO USE THIS

A high lens is where your blend is clearest, so trust your instincts there. A lower lens is where other archetypes are pulling on you too. That is not a weakness. It is where you have the most range.

CLEAREST

Identity 54%

MOST RANGE

Sensory 39%

Sensory moves fastest once lamps and a rug arrive.

Neuroaesthetics, from the book: how your brain responds to art, design and your surroundings. Research informs the plan. It does not replace you.

I — **What feels like you**
IDENTITY · 11 QUESTIONS — 54%

What would you bring to every new room? Who you are underneath your taste. More than half your points here went to your three. You have known what home feels like for a long time.

S — **What your senses prefer**
SENSORY · 6 QUESTIONS — 39%

What helps you settle in? Your lowest lens and the most interesting. Your senses pull toward clean and natural as much as cozy. Cedar and linen fit. Fuzzy pink does not.

B — **How your days really work**
BEHAVIOR · 5 QUESTIONS — 49%

What do you wish felt easier here? Half your points to your three. Your routines are real, they just do not have a room yet. Week 4 fixes that.

C — **How you connect and recharge**
CONNECTION · 5 QUESTIONS — 47%

Where do you make room for yourself? Closeness matters to you on your terms: one or two people, a chair for a friend, a door that closes.

D — **What you want more room for**
DESIRED CHANGE · 8 QUESTIONS — 51%

What would you like your space to support next? You know exactly what is wrong: the light, the boxes, the empty walls. That makes this the easiest part to act on.

YOUR SENSORY PROFILE

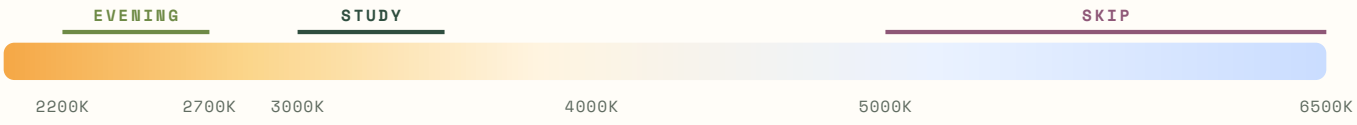
How a room should feel to you

Design is felt before it is seen. Each slider is set by one or two of your answers, not by me guessing. The marker is where you landed. The small numbers are the questions that set it.

Light Q26 Q11	BRIGHT AND COOL	WARM AND LOW	Lamps at eye level or lower after dark. 2700K bulbs, including the one in the ceiling.
Sound Q15	SILENCE	BUSY AND LOUD	A record playing low or a fan at night. Never a party, never silence.
Texture Q17	SMOOTH AND GLOSSY	NATURAL AND NUBBY	Linen, wool, raw wood, clay. Things that get better with use.
Visual Q22 Q25	SPARE	LAYERED	Layered, in zones. One full wall, calm everywhere else.
Color Q20	COOL AND CRISP	WARM AND EARTHY	Olive, oat, walnut, clay. Page 12.
Scent Q14	UNSCENTED	SIGNATURE SCENT	Cedar, beeswax, rain. One scent, used lightly.
Nature Q28 Q1	NONE	PLANTS EVERYWHERE	Plants everywhere, you said. Start with one and add one a month.
Privacy Q19 Q30	OPEN AND SHARED	TUCKED IN	A bed that feels like a nook, plus one chair for a guest.

YOUR LIGHTING RECIPE

Light is your strongest sense, so it gets a recipe. Research suggests warmer, dimmer light in the evening makes it easier to wind down, and bright daylight helps you stay alert. Bulb color is measured in kelvin, written K. Lower is warmer. Your ceiling fixture is not the enemy. The bulb in it is.



Ambient

A table lamp on the dresser replaces the ceiling light after 7 pm. 2700K bulb.

WHERE

Dresser, shade at eye level or lower

COST $10 TO $25 THRIFTED

Task

A desk lamp aimed at the page, not your eyes. 3000K for study.

WHERE

Opposite your writing hand

COST $20 TO $35

Glow

A clip lamp on the headboard, or string lights along the ledge. No flames, the lease says.

WHERE

Headboard or the story wall

COST $15 TO $25

YOUR PALETTE

Colors that feel like you

Built from your blend: Homebody earth tones as the base, Collector wood tones in the middle, a Romantic accent. You cannot paint, so the color comes from fabric. White walls are fine. They make the warm things look warmer.

BASE · 60%

Oat linen
#E8DFCB
Duvet, curtains, the big fabric

Candle cream
#F5EEDC
Shams, lamp shades, the rug edge

MIDDLE · 30%

Olive moss
#6E8A46
Throw, plant pots, the rug

Walnut
#7E5A3C
Frames, the ledge, wood tones

ACCENT · 10%

Clay
#C4714E
Mug, vase, one pillow

Dusty rose
#D9A3A8
Flowers, a ribbon, a print

THE RATIO



60 BASE 30 MIDDLE 10 ACCENT

IN YOUR ROOM, THAT MEANS

Bedding
Oat or cream duvet, two layers, one heavy throw

Big accent
An olive rug or throw, the largest dose of color

Wood
A walnut tone ledge, frames, a thrifted stool

Small accent
A clay mug, a terracotta pot, one pillow

Romantic touch
Dusty rose flowers or a print, kept small

Curtains
Cream panels. They warm the white walls without paint

LEAVE THESE OUT

Stark white
Fine on the walls, wrong on everything else

Cool gray
Flattens every warm thing near it

Neon
Fights your lamps all night

Your walls are white and your carpet is beige and neither is going anywhere. Cover them with warm layers instead of fighting them.

TRY IT

Take a photo of your room and hold this page next to it. Anything cold, shiny or gray is the first thing to cover, swap or move. Then circle the colors from your six that you already own, and build out from those first.

YOUR 12 DIMENSIONS AT A GLANCE

Twelve dimensions of your life

Design is not just your bedroom. Here is how your blend shows up everywhere, and how much each one matters right now. Pages 14 to 19 go deeper: a six week plan, two dimensions a week. A pace, not a class.

Home
WEEK 1 · PAGE 14

A warm, lived in room with lamps, real textures and your own stories on the wall.

●●● HIGH PRIORITY

Wardrobe
WEEK 1 · PAGE 14

Soft, natural fabric with a past, plus one detail you wear almost every day.

●●○ MEDIUM PRIORITY

Garden
WEEK 3 · PAGE 16

Plants near where you sit, starting with one, plus flowers you can press and keep.

●●○ MEDIUM PRIORITY

Workspace
WEEK 2 · PAGE 15

A desk that feels like home: one warm lamp, a clear surface, one meaningful object.

●●● HIGH PRIORITY

Digital Presence
WEEK 2 · PAGE 15

A feed like a scrapbook: warm light, real things, moments that happened.

●○○ LIGHT PRIORITY

Table
WEEK 3 · PAGE 16

Small meals that feel like home: one good mug, one good bowl, one friend.

●●○ MEDIUM PRIORITY

Rituals
WEEK 4 · PAGE 17

The same small thing every night: lamp on, tea, ten quiet minutes.

●●● HIGH PRIORITY

Relationships
WEEK 5 · PAGE 18

Closeness on your terms: one chair for a friend, a door that closes.

●●○ MEDIUM PRIORITY

Movement
WEEK 4 · PAGE 17

Gentle and familiar: a walking route, a stretch by the window, music on.

●○○ LIGHT PRIORITY

Scent
WEEK 5 · PAGE 18

One signature scent, cedar or beeswax, that tells your body you are home.

●●○ MEDIUM PRIORITY

Sound
WEEK 5 · PAGE 18

Soft background sound: a record, a low playlist, a fan at night.

●●○ MEDIUM PRIORITY

Legacy
WEEK 6 · PAGE 19

Keepsakes in a box worth keeping, with the stories written down.

●●○ MEDIUM PRIORITY

WEEK 1 OF 6 · THE DIMENSIONS THAT TOUCH YOU EVERY DAY

Home and Wardrobe

Home

HIGH PRIORITY

A room you come back to, not a room you visit.

White walls, beige carpet, one ceiling light, half your stuff under the bed. That is the whole problem, and it goes in this order: light, bed, walls. Light changes the room in one evening. A heavy bed gives you somewhere to land. Your own things on the wall tell the room whose it is. Do not try to finish it this month. Homebody rooms are never finished. They settle.

HOMEBODY	COLLECTOR	ROMANTIC
Warm lamps, a deep bed.	One wall for your stories.	A glow after dark.

MORE OF

- ✓ Two warm lamps at different heights
- ✓ Wood, cotton, wool and clay you can touch
- ✓ Your own things, out of the boxes

LESS OF

- ✕ The ceiling light after 7 pm
- ✕ Plastic bins in plain view
- ✕ Furniture sets that came in one box

☐ TRY THIS WEEK — COST $0

Unpack one box completely. Everything in it gets a real home or leaves the apartment.

MY VERSION _____

Wardrobe

MEDIUM PRIORITY

Clothes that feel like a hug and still look like you.

You dress for comfort first, and that is right for you. The upgrade is not more clothes. It is clothes with a story and fabric that feels good: a thrifted cardigan, your dad's old flannel, the sweater from the trip. Your Collector side wants to keep everything, so keep a small rotation. What you wear goes in front. The rest gets stored by season in the closet, not under the bed. Your Romantic streak lives in one detail you wear almost every day.

HOMEBODY	COLLECTOR	ROMANTIC
Soft, natural fabric.	Pieces with a past.	One special detail.

MORE OF

- ✓ Natural fabric that softens with washing
- ✓ Thrifted pieces with a past
- ✓ One detail you wear almost daily

LESS OF

- ✕ Stiff, scratchy fast fashion
- ✕ Clothes kept out of guilt
- ✕ The chair that is really a laundry pile

☐ TRY THIS WEEK — COST $0

Pull your five most worn pieces and lay them on the bed. Whatever they share is your real palette.

MY VERSION _____

WEEK 2 OF 6 · HOW THE WORLD SEES YOU AND HOW YOU CREATE

Workspace and Digital Presence

Workspace

HIGH PRIORITY

A desk that feels like home, so you stay at it.

Homebodies study best when the setup feels safe and everything is within reach. Cold light and a cluttered desk are why your homework keeps ending up on the bed. Give the desk one warm lamp, a chair you do not hate and a clear surface. Supplies go in a basket with a lid. Then one thing just for you: the plant, a photo, a mug. Sitting down to work should feel like sitting down in a familiar spot.

HOMEBODY	COLLECTOR	ROMANTIC
Warm light, tools in reach.	One meaningful object.	Flowers by the lamp.

MORE OF

- ✓ A 3000K desk lamp aimed at the page
- ✓ A lidded basket for supplies
- ✓ One meaningful object in view

LESS OF

- ✕ Studying in bed. Save it for rest.
- ✕ Loose cords and paper piles
- ✕ Your laptop as the only light

☐ TRY THIS WEEK — COST $0 to $30

Clear the whole desk, then put back five things. Live with that for a week and see what you miss.

MY VERSION _____

Digital Presence

LIGHT PRIORITY

Your feed as a scrapbook, not a showroom.

Your Collector side would make a great archivist. Online, that means saving and sharing real moments instead of chasing a look. Do not post your room until it feels like yours. Collect instead. Start one saved folder called Home and only save rooms you would want to sit in, not just look at. In a month that folder will know your taste better than this quiz does.

HOMEBODY	COLLECTOR	ROMANTIC
Real rooms, not showrooms.	Saved folders as an archive.	Warm light in every photo.

MORE OF

- ✓ Saved folders of rooms you would sit in
- ✓ Photos of things with stories
- ✓ Natural light in your pictures

LESS OF

- ✕ Saving rooms you would only look at
- ✕ Comparing your room to a loft with a view
- ✕ The phone in bed after midnight

☐ TRY THIS WEEK — COST $0

Make the Home folder and save ten images. Write down the three things they all share.

MY VERSION _____

WEEK 3 OF 6 · CONNECTION TO THE EARTH AND TO EACH OTHER

Garden and Table

Garden

MEDIUM PRIORITY

Something alive in the room.

You said plants everywhere and outdoor time is not optional, and then you moved into a room with one window. A Homebody needs living things, because a living thing makes a room feel lived in. Start with a pothos. It is very hard to kill and grows fast enough to be satisfying. Your Romantic side wants fresh or dried flowers on the desk. Your Collector side wants to press one from a good day into a book. All three count.

HOMEBODY	COLLECTOR	ROMANTIC
Something alive nearby.	Flowers pressed in a book.	Fresh or dried flowers.

MORE OF

- ✓ One plant now, one more each month
- ✓ Dried flowers or a branch from a walk
- ✓ Green near where you sit

LESS OF

- ✗ Shiny fake plants
- ✗ More plants than you can keep alive
- ✗ Plants in the dark corner by the closet

☐ TRY THIS WEEK — COST $12 to $20

Buy one pothos. Give it the window. Water it on Sundays.

MY VERSION _____

Table

MEDIUM PRIORITY

Small meals that feel like home.

Your favorite morning starts with coffee in your grandma's blue mug. Food, and the people around it, is part of how you feel at home. The kitchen is shared and your room is not, so keep a little of the table in your room: one mug you love, one real bowl, a tray that turns the desk into a table. Your Host score says you like feeding people. Keep a snack stash for when someone knocks.

HOMEBODY	COLLECTOR	ROMANTIC
Warm drinks, slow meals.	The mug with a story.	A napkin and soft light.

MORE OF

- ✓ A mug and a bowl that feel good in your hands
- ✓ A tray that turns the desk into a table
- ✓ One dinner a week with the roommates

LESS OF

- ✗ Disposable everything
- ✗ Eating over the keyboard
- ✗ Skipping meals because nothing is set up

☐ TRY THIS WEEK — COST $10 to $20

Cook one dinner for your roommates this week. Nothing fancy. Pasta counts.

MY VERSION _____

WEEK 4 OF 6 · HOW YOU BEGIN, END AND INHABIT EACH DAY

Rituals and Movement

Rituals

HIGH PRIORITY

The same small thing, every night.

Your ideal morning is already a ritual: gray light, wool socks, a record playing low. Build the evening version, short enough to do on bad days. Lamp on, tea, ten minutes with a book. Put a tray by the bed with the book, lip balm and the lamp switch, and plug your phone in across the room. When the steps are easy, you keep doing them. Familiar rituals are how a Homebody feels safe anywhere, including a room with beige carpet.

HOMEBODY	COLLECTOR	ROMANTIC
Same steps every night.	A tray of ritual things.	Music and a warm glow.

MORE OF

- ✓ Lamp, tea and ten quiet minutes
- ✓ A tray that holds the ritual things
- ✓ A morning version: blinds up, bed made

LESS OF

- ✕ Scrolling as the last thing you do
- ✕ Candles you have to remember to blow out
- ✕ Rituals so long you skip them

☐ TRY THIS WEEK — COST $0 to $20

Write your evening ritual in four steps on an index card. Prop it on the tray.

MY VERSION _____

Movement

LIGHT PRIORITY

Gentle, close to home, on your terms.

Homebodies like movement that feels familiar more than intense: the same walking route, a stretch by the window, yoga on the rug. Your room can help. Keep a mat sized patch of floor clear and leave the mat rolled where you can see it. Your Romantic side moves better to music, so make a slow playlist just for stretching. A walk that ends at your favorite coffee place counts.

HOMEBODY	COLLECTOR	ROMANTIC
Familiar routes.	A walk to a favorite spot.	Moving to music.

MORE OF

- ✓ A clear patch of floor the size of a mat
- ✓ A regular walking route
- ✓ Music while you move

LESS OF

- ✕ Floor you cannot see
- ✕ Workouts you dread
- ✕ Three hours at the desk without standing

☐ TRY THIS WEEK — COST $0

Clear the mat spot and stretch there for five minutes after your last class.

MY VERSION _____

WEEK 5 OF 6 · THE INVISIBLE DIMENSIONS THAT SHAPE EVERYTHING

Scent, Sound and Relationships

Scent

One smell that means home.

MEDIUM PRIORITY

You chose clean, earthy scents: cedar, beeswax, rain on warm earth. Pick one for your room and stick with it, so walking in becomes a signal. A reed diffuser or a cedar sachet in the closet does it without a flame. Keep it light. Scent should be noticed on the way in, not all night.

MORE OF

- ✓ One signature scent
- ✓ Fresh sheets every week

LESS OF

- ✗ Five competing scents
- ✗ Anything you can smell from the hall

☐ TRY THIS WEEK — COST $8 to $15

Choose one scent and use only that one for seven days.

Sound

Soft sound. Never silence, never a party.

MEDIUM PRIORITY

Total silence feels empty to you and noise drains you. A low record or a fan at night is the middle. Carpet helps, but bare walls echo, so curtains and a padded headboard change the sound as much as the look. Your roommates' movie in the living room is what the door is for.

MORE OF

- ✓ A low evening playlist
- ✓ Curtains and fabric that eat echo

LESS OF

- ✗ TV on just for noise
- ✗ Earbuds in all day to escape the apartment

☐ TRY THIS WEEK — COST $0

Make a playlist called Home with twenty slow songs. Play it during the evening ritual.

Relationships

Closeness on your terms.

MEDIUM PRIORITY

People showed up in four of your five written answers. You show care through comfort: snacks, a soft place to sit, listening. You also need a door that closes. Your room gets one chair for one person. The living room gets everyone else.

MORE OF

- ✓ One chair for one guest
- ✓ A knock first rule with the roommates

LESS OF

- ✗ Your bed as the group couch
- ✗ Saying yes when you need a quiet night

☐ TRY THIS WEEK — COST $25 to $75

Find the chair. Thrift stores and curb alerts first, then the chair is on page 22.

WEEK 6 OF 6 · WHO YOU ARE STEPPING INTO

Legacy and Your Becoming

Legacy

MEDIUM PRIORITY

Things that carry people forward.

You used to make scrapbooks out of everything, and you want your room to show what you keep on purpose. That is legacy for a Collector: proof of the people who shaped you. Give those things a real home, a good box and the ledge, instead of a carton under the bed. Write the story behind your three most important objects on index cards and keep the cards with them. Future you will want them.

HOMEBODY	COLLECTOR	ROMANTIC
Things that feel like home.	Stories written down.	A box worth keeping.

MORE OF

- ✓ A keepsake box worth keeping
- ✓ Stories written next to objects
- ✓ Photos printed, not only saved

LESS OF

- ✗ Treasures stored with junk
- ✗ Objects whose stories you forgot
- ✗ Waiting for a better apartment to start

☐ TRY THIS WEEK — COST $2 to $5

Print five photos. Put them where you can see them from bed.

MY VERSION _____

Your Becoming

HIGH PRIORITY

"Like I can finally breathe."

You said you want to walk in and feel like you can breathe. That is the whole goal. In six weeks your room will not be finished, and it does not need to be. It needs to be warm when you come home at night, hold the things that matter to you, and give you one spot that is only yours. You are not decorating an apartment. You are learning how to make a home anywhere, and you will do it again in every room after this one.

HOMEBODY	COLLECTOR	ROMANTIC
Feeling settled.	Keeping on purpose.	Beauty in ordinary days.

MORE OF

- ✓ Choices that pass the breathe test
- ✓ Changes that move with you next time
- ✓ Noticing how you feel when you walk in

LESS OF

- ✗ Buying things to fill space
- ✗ Waiting for a better apartment to start
- ✗ Copying a room that belongs to someone else

☐ TRY THIS WEEK — COST $0

Take a photo from the doorway today. Take another in six weeks, same spot, same time of day.

MY VERSION _____

YOUR SPACE · EIGHT MORE QUESTIONS

The room you have

Same style, different everyday life. The details change the direction. After the forty questions, the Deep Dive asks eight more about the actual room. They are not scored. They decide what the plan on the next two pages looks like, which is why a Homebody in a dorm and a Homebody in an apartment get different rooms.

1 *What space are you designing?*
My bedroom in a three bedroom apartment off campus. It is the small one.

2 *Who shares it with you?*
Nobody. Two roommates share the apartment. The room is mine.

3 *If it is a dorm, what is the setup?*
Not a dorm. Full size bed on a frame I bought secondhand.

4 *Size, window, door?*
About 11 by 12 feet. One window on the far wall. Door in the corner, closet with sliding doors next to it.

5 *What are you allowed to change?*
No paint. Small nails are fine if I patch them when I leave. White walls, beige carpet, one ceiling light.

6 *Budget?*
$500. Saved from my summer job.

7 *How long will you live there?*
The lease is twelve months. We will probably renew, so call it two years.

8 *Photos?*
Three attached: from the door, from the bed, the window wall.

WHAT THAT MEANS FOR THE PLAN

No paint
Color comes from fabric: bedding, curtains, the rug, a throw. White walls are a backdrop, not a problem.

11 by 12, one window
Bed on the long wall, headboard away from the window. Desk under the window. Chair in the corner.

Small nails allowed
A real picture ledge above the bed and a hook by the door. Patch with a $5 tub of spackle when you leave.

Two years
Long enough to buy the rug and the lamps for real. Thrift everything else.

Beige carpet
A 5 by 7 rug on top. It is allowed to be the biggest thing you buy.

The room is yours
The door can close. The Host side of you gets the living room, and page 22 gets the $500.

PRIORITIES FOR YOUR ROOM · WHAT TO MAKE EASIER FIRST

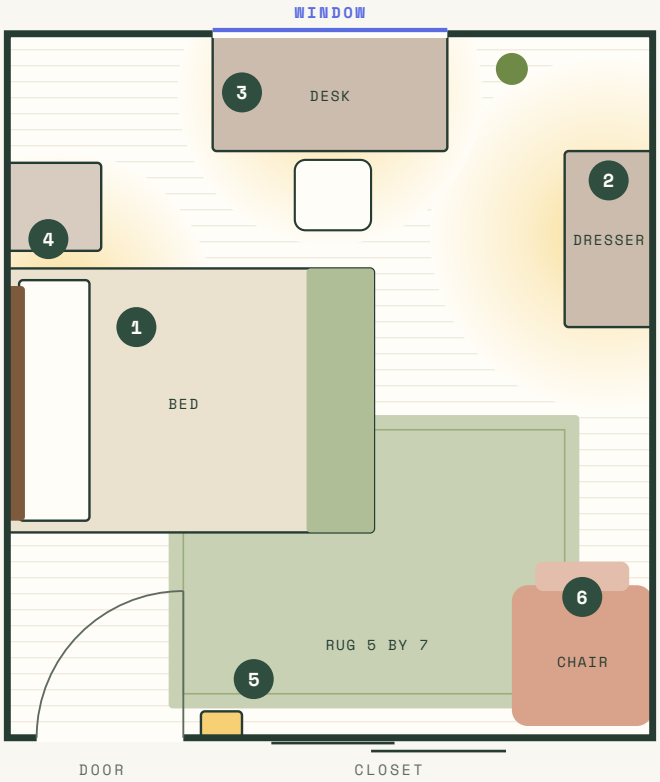
Every Flourish Blueprint names what the room is for. Yours is scored from your answers about what you want more of, how you host, your mornings and the home you are moving toward. This room is for resting, and for one or two people at a time. It is not an office or a studio. The desk is for homework, not for ambition. That is allowed.

Sanctuary 80	Community 54	Joy 29	Focus 20	Creativity 11
"I can restore here"	*"I can connect and belong here"*	*"I feel more alive here"*	*"I can do what matters here"*	*"I can imagine and express here"*

YOUR FLOURISH BLUEPRINT

Your room, redesigned

No roommate line down the middle this time. The whole 11 by 12 is yours. Numbers match the notes on the right. Everything here works without paint, with two small nails, and inside the $500.



KEY

- Warm lamp light
- Rug, 5 by 7 feet
- Window
- Picture ledge

Why this layout: the bed takes the corner farthest from the door, which is the quietest spot in any room. The desk gets the window. The chair faces the bed, so two people can talk. Nothing needs the ceiling light.

WHAT FITS

Full bed	54 by 75 in	**Rug**	60 by 84 in
Desk	48 by 24 in	**Dresser**	36 by 18 in
Armchair	30 by 30 in	**Ledge**	36 in

SCALE 3 FEET

1 The nest

Bed on the long wall, headboard away from the window, so morning light lands on the bed and not your face. Two layers of bedding, the throw at the foot, a clip lamp at the head.

2 The glow

A table lamp on the dresser and the clip lamp on the headboard, both 2700K. Put a warm bulb in the ceiling fixture too, for the nights a roommate flips it on.

3 Study nook

Desk under the window for daylight, a 3000K lamp for after dark, supplies in a lidded basket. Bed is for rest. Desk is for work.

4 Story wall

A 36 inch picture ledge above the bed on two small nails. Five frames, the keepsake box, the pressed leaf. Nothing goes on the wall until it has been out of a box for a week.

5 Reset landing

A hook and a small tray on the wall by the door. Keys, hoodie, the thing you always lose. Your evening starts here.

6 The guest chair

A thrifted armchair in the corner by the closet so a friend can stay without taking over the bed. Your Host side will thank you. So will the friend.

YOUR $500

The smartest room, not the fullest cart

Twelve things, in the order to buy them. The plan column adds up to $415, which leaves $85 unspent on purpose. Buy it top to bottom and stop whenever you want. The cheapest version of everything is $267. The nicest is $565.

	WHAT	HOW	LOW TO HIGH	PLAN
☐	**2700K LED bulbs, pack of 4** One for the ceiling fixture, one for each lamp	VALUE	$10 to $15	**$12**
☐	**Table lamp for the dresser, thrifted** Your main evening light	THRIFT	$10 to $25	**$20**
☐	**Clip lamp for the headboard** Reading light that is not the ceiling	VALUE	$15 to $25	**$20**
☐	**Desk lamp, 3000K** Aimed at the page, not your eyes	VALUE	$20 to $35	**$25**
☐	**Rug, 5 by 7, low pile, oat or olive** Covers the beige carpet where you walk and sit	INVEST	$60 to $120	**$90**
☐	**Duvet cover and two shams, cotton** The biggest soft surface in the room	VALUE	$40 to $80	**$60**
☐	**Throw with real weight, thrifted or new** The foot of the bed, the chair, you	THRIFT	$8 to $50	**$30**
☐	**Picture ledge, 36 inch, plus five thrift frames** The story wall. Two nails, patched later	VALUE	$25 to $45	**$35**
☐	**Armchair, thrifted** One seat for one friend	THRIFT	$25 to $75	**$50**
☐	**Curtains, two cream panels, and a tension rod** Softens the window and the echo	VALUE	$30 to $50	**$40**
☐	**Reset landing: a hook and a small tray** Keys, hoodie, the thing you always lose	THRIFT	$12 to $25	**$18**
☐	**Pothos and a terracotta pot** The one living thing	VALUE	$12 to $20	**$15**
	Planned			**$415**

$415 OF $500 — $85 HELD BACK

AFFORDABLE BY DESIGN · START WITH WHAT YOU HAVE · THE ORDER TO SPEND IN

01

Use what you have

$0

Keep what works. Rearrange or repurpose where you can. The ten best objects from under the bed count.

02

Secondhand and DIY

THRIFT, FLEA, CURB

Lamp, throw, armchair, frames, tray. Character and quality without new retail prices. The Collector in you is built for this.

03

Best value

WHERE THRIFT FAILS

Bulbs, bedding, curtains, the ledge. Buy once, buy plain, buy in your palette.

04

Invest where it matters

THE RUG

You walk on it every day for two years. If money appears later, a mattress topper is next.

THE $85

$85 stays in your account. The Collector in you will find something at a flea market in March that this list could not predict. That is what it is for.

YOUR FIRST SEVEN DAYS AND WHAT COMES NEXT

Start tonight

D1	D2	D3	D4	D5	D6	D7
Lamp on, ceiling light off	Make the bed a nest	Pick ten story objects	Hang the ledge	Set up the reset landing	Thrift trip: lamp, chair, throw	Sit in the chair and notice
☐	☐	☐	☐	☐	☐	☐

YOUR NEXT STEP

Tonight you do the lamp. This weekend, pull the boxes out from under the bed and open every one. Three piles: gets a real home, goes in the closet by season, leaves the apartment. Put the ten objects with the best stories on the desk, then choose five for the ledge. Give the empty boxes to your roommates. They have boxes too. Everyone has boxes.

You are not decorating. You are moving in, three months late, on purpose this time.

See you in Week 1. Mia

WHAT COMES NEXT

My response

It is in the email this report came in. Reply to it with questions, a photo from the doorway, or the part that did not sound like you. I read every reply.

The free book

Authentically You: 108 pages, 24 chapters, free to read online or download. The twelve dimensions are in there in full, with the other eleven archetypes.

Talk to Tiffany

Let's talk about your room. A 45 minute call with Tiffany, our Lead Design Consultant, is $88. Bring this report and your three photos. The first ten minutes, to see if it is the right fit, are free.

THE SIX WEEK PLAN AT A GLANCE · A PACE, NOT A CLASS

1	Home and Wardrobe	The dimensions that touch you every day	☐	PAGE 14
2	Workspace and Digital Presence	How the world sees you and how you create	☐	PAGE 15
3	Garden and Table	Connection to the earth and to each other	☐	PAGE 16
4	Rituals and Movement	How you begin, end and inhabit each day	☐	PAGE 17
5	Scent, Sound and Relationships	The invisible dimensions that shape everything	☐	PAGE 18
6	Legacy and Your Becoming	Who you are stepping into	☐	PAGE 19

What we promise: a beautiful, practical, science informed plan that understands the individual, respects the real budget, explains the reasoning, and helps make a room that feels personal instead of generic.

SHARE IT · DESIGN THAT GROWS WITH YOU

Your card, your roommates, your next room

Your next room can start with knowing yourself better. Start with the space you are in now. Stay for the guidance that grows with you.

Room2Flourish

DESIGN ARCHETYPE



I AM A

Homebody Collector

with a Romantic streak

132 BLENDS. FIND YOURS. ROOM2FLOURISH.COM/QUIZ

POST IT

Screenshot the card, post it, tag Room2Flourish. There are 132 possible blends and almost nobody has heard theirs said out loud. Your friends will want to know theirs. That is the whole marketing plan, and it is also true.

1. **Screenshot**
   The card at left, or the cover page.
2. **Post it**
   Stories, grid, the group chat, wherever your people are.
3. **Tag us**
   @room2flourish, so we can see the room when it is done.

Send it to your roommates

YOU — ? — ?

Send the quiz to your two roommates. Three archetypes in one apartment explains a lot about the living room, and about the thermostat. When they have theirs, send me all three. The living room is a group project.

A caption, if you want one

"Apparently I am a Homebody Collector, which explains the ticket stubs."

"Took the Room2Flourish quiz. Homebody Collector. The boxes under my bed are now a feature."

"Homebody first, Collector second, Romantic streak. My grandma's mug has been promoted to decor."

When life changes

V1 NOW — V2 NEXT LEASE — V3 AFTER COLLEGE

This is Blueprint v1, October 2026. The archetype part does not expire. The room part does. When you move or change roommates, answer the eight room questions again and you get v2. We already know you. Tell us what changed.

The Design Archetypes and the Deep Dive are research informed self discovery tools. They are not diagnoses, therapy or scientifically validated psychological tests. Prices are typical US ranges in October 2026 and will vary. Check your lease before using anything that sticks to walls, hangs from a nail or gives off heat.