

Learning Inspirations

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TRANSFORM YOUR SPACE: SIMPLE AND FUN DIY PROJECTS FOR THE WEEKEND (OR WHENEVER YOU LIKE!)

The space at home can significantly reflect your state of mind at work, as the environment in which you live and work often mirrors your mental and emotional state. Want to make your home feel more special, improve your mental & emotional state AND bring clarity to work? With a few simple DIY (Do-It-Yourself) projects, you can!

These DIY projects are more than just fun ways to decorate. They teach us important lessons about creativity, mindfulness, and self-sufficiency. Remember, the process of making something is just as rewarding as the final result. You'll be surprised at how a little creativity can transform not just your home, but your mindset, too!

1. LED Strip Lights for Under Shelves or Desks

Lighting impacts your energy levels and mood. DIY projects to improve lighting, such as adding custom light fixtures, can enhance the ambiance of both home and workspaces.

How to Do It:

- Buy LED strip lights with adhesive backing.
- Stick the strips to the underside of shelves, along the edge of your desk, or behind furniture.
- Plug them into a power source or use battery-powered LED strips if you don't want cords showing.
- Choose colors or dimming features for adjustable ambiance!



2. Give Old Furniture a New Look

If your home or work area lacks personal touches or inspiration, you may experience a decrease in motivation and creativity, making it difficult to think outside the box or stay engaged with your work.

Instead of buying new furniture, you can repaint or change your old furniture. It's an easy way to save money and give your home a fresh look.



How to Do It:

- Find an unused old table, chair, or shelf at home
- Buy suitable paint from a local store.
- Paint your furniture and let it dry. You can also rub the edges with sandpaper for a "shabby" or old look.

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3. Decorate Plant Pots

Plants bring good energy to your home. You can make your plant pots look nice by decorating them.

How to Do It:

- Buy some basic cheap clay plant pots from a shop.
- Use colorful paints to decorate the pots.
- Once the paint is dry, put your favorite plant inside!



4. Make a Cozy Reading Corner

If your space is not well-organized or feels disconnected, it can be difficult to prioritize or focus effectively on tasks. Projects like creating distinct zones for relaxation and work (e.g., setting up a work nook or a cozy reading corner) help create boundaries between work and personal time.

A cozy reading corner makes your home feel relaxing. It's a place to sit, read, or just relax.



How to Do It:

- Find a comfortable chair or floor cushions.
- Add a warm blanket and a few soft pillows to make it extra comfy.
- You can place a small lamp or use fairy lights to give the area a peaceful glow.

5. Make Floating Shelves for Your Room

A cluttered, disorganized living space often reflects a sense of overwhelm or a lack of control. If your home is chaotic, it could mean you feel similarly at work, perhaps struggling with too many tasks or distractions.

Floating shelves are a modern way to keep things organized and show off your favorite items, like plants or photos.

How to Do It:

- Get some wood planks and small brackets (metal parts that hold the shelf on the wall).
- Use screws to attach the brackets to the wall, and then place the wood plank on top of the brackets.
- You can paint the wood to match your room's color.



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Whether it's learning a new skill or simply adding a personal touch to your living space, you're building confidence and creating something that truly reflects you. So, the next time you feel stressed or need a break, try one of these DIY projects. These projects are easy, fun, and will help you feel proud of what you've made!

References

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