

Romanticising your Life Workbook

Worksheet 1: Redefining Romanticisation - what it means to you

Purpose: Many Type A personalities associate 'romanticising life' with impracticality or forced whimsy. But at its core it is about appreciation, presence and small joys. Use this worksheet to define it in a way that resonates with you.

1. What do you currently think of when you hear the phrase 'romanticising life'? Does it feel silly or impractical? Why?

2. If you could rewrite the definition of romanticising life to suit your personality and needs, what would it be?

3. Make a list of small and meaningful details that make everyday life feel special to you.

Worksheet 2: Romanticising the everyday without losing structure

Purpose: This worksheet helps you add little doses of magic into your structured routine - without disrupting your need for order.

Part of the day	Usual Routine	Small Romantic Upgrade
Morning	Checking emails immediately	Enjoying a cup of tea in your favourite mug first
Afternoon	Eating lunch while working	Listening to music while eating mindfully
Evening	Scrolling social media before bed	Reading

Reflection questions:

1. Which romantic upgrades feel the most doable?
2. How can you make these feel more natural rather than like another to do list item?

Worksheet 3: Soft structure - designing a flexible but romantic routine

Purpose: Type A minds thrive on routine, but romance is about flow and ease.

Step 1 - Write out your current structured daily routine.

Step 2 - Identify areas where you can add creativity, beauty or mindfulness without disrupting your flow.

Step 3 - Choose one or two changes to implement this week.

Worksheet 4: The 'Not Silly' List: Finding romanticisation that feels natural

Purpose: To list thing that you enjoy that feel soft, slow and creative but don't fee forced or embarrassing

For example: drinking tea from a lovely cup, wearing perfume even if staying at home, handwriting your to do list rather than using an app.

Create your own list

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Reflection question:

1. What is stopping you from allowing yourself to enjoy these things more often?

Worksheet 5: Aesthetic without the overwhelm

Purpose: Romanticising life doesn't mean making everything picture perfect. It is about sensory pleasure and emotional connection.

1. Visual - what's one small change you can make to your space that makes it feel more like you?
2. Auditory - what sounds make your world feel more soothing?
3. Tactile - what materials or textures bring you comfort?
4. Scent - what scents make you feel safe and happy?

Reflection question:

1. How can you incorporate more of these small pleasures into your daily life without pressure?

Worksheet 6: Balancing control and flow

Purpose: You don't have to abandon your Type A tendencies - you just have to find soft control rather than right control

Control Freak Habit	Gentle Alternative
Planning every minute of the day	Leaving buffer time for spontaneity
Checking off endless to do lists	Using a 'done' list to celebrate progress
Overthinking or overanalysing decisions	Choosing what feels good in the moment
Expecting perfection in creative work	Romanticising imperfection as part of the beauty

Reflection questions:

1. What is one area where you can let go of just 5% of control to allow for more ease?

Worksheet 7: Creative living - your way

Purpose: Type A minds often struggle with unstructured creativity. Here is how to make it feel more intentional but soft.

1. When do you feel most creatively free?

2. How can you schedule structured creative time while allowing room for playfulness?

For example - Before - forcing yourself to write every day at 5am vs After - blocking out 'soft creative time' in the evening where you can choose between painting, writing or thinking creatively.

Worksheet 8: Finding beauty in the mundane

Purpose: Romanticisation isn't about grand gestures - it is about noticing. Use this practice to reframe your mindset.

1. Think of three boring things you do every day. How can you romanticise them?

For example - folding laundry mindfully whilst listening to music

- 1.
- 2.
- 3.

Worksheet 9: Permission to romanticise

Purpose: If you are feeling any resistance towards softening your life, write yourself a permission slip.

Dear [Your Name]

You have permission to find joy in small things. You are not being silly. You are allowing yourself to slow down, to savour and embrace creativity in a way that feels good to you.

Romanticising life isn't about being unrealistic or being perfect - it is about choosing to find beauty in what already exists.

You don't need an elaborate plan to do this.

Just notice, appreciate and allow.

Love

[Your Name]