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Small Home Layout Workbook

A 4-week, fill-in-the-blanks companion to fixing the 7 space planning mistakes that make homes feel smaller than they are.

WHAT'S INSIDE

What's inside: a measuring reference, four weekly worksheets, a before-and-after audit, a room-by-room tracker, and space for your own notes.

How to use it: print or open it digitally, work through one week per section, and keep your phone's measuring tool or a tape measure nearby.



Companion resource to: "7 Space Planning Mistakes That Make Homes Feel Smaller Than They Are"
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How to Use This Workbook

This workbook follows the same 30-Day Action Plan from the main article, broken into four weekly worksheets. Each week builds on the one before it, so work through them in order rather than skipping ahead.

You don't need any special tools. A tape measure or a smartphone measuring app, a pencil, and 20 to 30 minutes a week are enough. Take photos before and after each week if you want to track visible progress over the month.

The Four-Week Flow

Week	Focus	Time Needed
Week 1	Audit Circulation — measure and mark your main walking paths	20–30 minutes
Week 2	Remove Obstacles — clear anything blocking a path or swing zone	30–45 minutes
Week 3	Reposition Furniture — apply correct spacing between pieces	45–60 minutes
Week 4	Optimize Room Functions — zone rooms and fix dead corners	30–45 minutes

✓ TIP

Keep this workbook open on a second device or print pages 3, 8, and 9 separately — you'll refer back to these reference tables while measuring in every room of your home.

⚠ WARNING

This workbook is a planning tool, not a substitute for a qualified architect or interior designer for structural changes, electrical work, or anything affecting load-bearing walls.

Reference: Room Clearance Guide

Keep this page open while you measure. These are the minimum and comfortable clearances your home needs around common furniture and fixtures, regardless of room size.

Area	Minimum Clearance	Comfortable Clearance
Main walking path	75 cm	100–120 cm
Between sofa and coffee table	35 cm	45 cm
Around a dining table (per side)	60 cm	90 cm
In front of a kitchen counter	90 cm	120 cm
Beside a bed (per side)	50 cm	75 cm
In front of a wardrobe or closet	75 cm	100 cm
In front of a door swing	75 cm	90 cm

HOW TO READ THIS TABLE

If a measurement in your home falls below the minimum clearance, treat it as a priority fix during Week 2 or Week 3, not an optional improvement.

Week 1 Worksheet: Audit Circulation

Walk every main route in your home at a normal pace. Measure the narrowest point of each one and compare it against the Room Clearance Guide on page 3. Record what you find below.

Route	Narrowest Width	Meets Minimum? (Y/N)	Notes

TIP

Test each route while carrying something with both hands, like a laundry basket. If you have to turn or stop, mark it as a priority for Week 2 or 3.

Week 2 Worksheet: Remove Obstacles

Using your Week 1 results, list every obstacle currently sitting inside a circulation path or blocking a door, window, or cabinet swing zone. Decide on an action for each one.

Obstacle	Location	Action (Move / Donate / Store)	Done?

WARNING

Never permanently remove or block access to a fire escape route, emergency exit, or required egress path — even temporarily — while clearing obstacles.

Week 3 Worksheet: Reposition Furniture

For each piece of furniture you plan to move, note its old position, its new position, and the gap you achieved. Check the Furniture Spacing Chart on page 9 for target numbers.

Furniture Item	Old Position	New Position	Gap Achieved

CALLOUT

Before moving anything heavy, mark the new footprint on the floor with painter's tape and live with it for a day. This avoids unnecessary repositioning later.

Week 4 Worksheet: Optimize Room Functions

List each room or open-plan zone in your home, the single function you're assigning it, and any dead corner or edge you're putting to use this week.

Room / Zone	Assigned Function	Dead Corner Fixed?	Notes

TIP

If a room genuinely needs two functions, write down which piece of multi-function furniture (a fold-away desk, a sofa bed) will serve both, instead of adding two full furniture sets.

Reference: Circulation Matrix

Use this table during Week 1 and Week 3 to check whether a route's width matches how often it's used. High-traffic routes need more width than occasional ones.

Route	Daily Use	Recommended Width
Front door to living room	High	100–120 cm
Living room to kitchen	High	90–110 cm
Bedroom to bathroom	High	90 cm
Kitchen to dining area	Medium	80–90 cm
Living room to balcony or yard	Medium	80–100 cm
Hallway to storage or utility room	Low	75–80 cm

HOW TO USE THIS

Match each route in your Week 1 worksheet to the closest row here. If your measured width is below the recommended figure for that traffic level, it's a Week 3 priority.

Reference: Furniture Spacing Chart

Use this table during Week 3 when repositioning furniture. These are the suggested gaps between common furniture pairings that keep a room feeling open rather than cramped.

Furniture Pairing	Suggested Gap
Sofa to TV unit	200–300 cm
Sofa to coffee table	35–45 cm
Dining chairs to nearest wall	60–90 cm
Bed to nearest wall (walking side)	60–75 cm
Desk to nearest wall behind chair	75–90 cm
Kitchen island to counter	100–120 cm

✓ TIP

If two pieces of furniture can't reach the suggested gap in a small room, prioritize the gap that affects daily movement (like the walking side of a bed) over the gap that's mostly visual (like sofa to coffee table).

Home Flow Audit: Before & After

Check each box honestly before you start (Week 1) and again after you finish Week 4. The goal isn't a perfect score — it's visible progress across the month.

Check	Before	After
I can walk my main daily route without turning sideways or stepping around furniture.	☐	☐
My largest furniture pieces leave visible floor space around every side.	☐	☐
Every door, window, and cabinet in my home opens fully without resistance.	☐	☐
Each zone in my open-plan rooms has one clear, single function.	☐	☐
I cannot identify a corner or edge in my home that is empty or used for random clutter.	☐	☐
The first thing I see when entering my main living space is open, not blocked by storage.	☐	☐

SCORING

Score yourself: count your checked boxes in each column. Going from 2 or 3 “Before” checks to 5 or 6 “After” checks means the plan worked — you don't need a perfect 6 out of 6 on day one.

Room-by-Room Tracker

Use this page to track progress across your whole home. Add one row per room and revisit it at the end of each week to note what changed.

Room	Main Issue Found	Fix Applied	Status

Final Reflection & Next Steps

You've worked through all four weeks. Take a few minutes to reflect before moving on — this is what turns a one-time fix into a habit.

Which single change made the biggest difference in how your home feels?

Which room still needs work, and what's the next small step for it?

What will you check for before buying any new furniture going forward?

Continue Exploring

More guides from the Functional Layouts cluster to keep improving your home's flow and function.

 How to Plan Furniture Layouts Room by Room A step-by-step framework for laying out every major room in a home from scratch.	 Circulation Design for Small Apartments A deeper look at planning efficient movement paths in compact urban homes.
 Open-Plan Living: Zoning Without Walls Practical techniques for dividing open-plan spaces into clear functional zones.	 Small Space Design Principles for Every Climate How climate, light, and culture shape smart small-space design worldwide.

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