

Know Your Interior Design Style

A Workbook for Creating
Homes That Speak to Your heart



www.innerspacedesign.co.in

Welcome!

Most people think interior design is about picking colors and furniture. They're not entirely wrong. But the real magic happens when your home starts reflecting who you actually are and not who you think you should be.

This workbook isn't a quiz with the right answers. It's an invitation to think deeply about your life, your values, and what makes a space feel like home to you. The questions here? They're the same ones we ask our clients during our first conversation. Because before we design anything, we need to understand you.

Take your time. Grab a cup of tea. Be honest. Your answers will become the foundation for a home that actually works for your life.

Aanchal and Yogesh left successful tech careers to start Inner Space, an interior design studio for personalized homes. For 17 years, they've personally overseen 300+ projects and been consistently awarded by Houzz as the most trusted design service. They work across Bangalore, Chennai, and Goa, with design consultations available worldwide.



Aanchal Yogesh



How to Use This Workbook

This workbook has five sections that build on each other. You don't need to complete them all in one sitting. In fact, we recommend spacing them out—maybe one per week. Your answers will evolve as you think more deeply.

Whats inside

01 Section 1: Your Daily Life

02 Your Aesthetic Instincts

03 What your home actually needs to do

04 Your Values & Priorities

05 Your Interior Design Profile

A note on filling this out: There's no 'right' answer. Your answers are for you (and eventually, for your designer).

Be specific. Don't overthink. If you catch yourself writing what sounds 'nice' rather than what's true—stop and rewrite.

Honesty here = better design later.



Section 1: Your Daily Life

Before we talk about design, let's talk about you. Your home should be built around your actual life—your routines, habits, and the things that make you happy. This section is about understanding that.



1. Describe your typical weekday morning. What does it look like?

2. How do you actually spend your evenings? (Be honest, Netflix counts.)

3. What activities bring you the most joy at home? (Cooking, reading, playing music, hosting, etc.)

4. Who lives with you? How many people? What are their ages and personalities?

5. What frustrates you most about your current space?

6. Do you entertain guests at home? How often? What kind of entertaining?

Reflection:

Looking back at your answers, what's one pattern you notice about how you actually live (versus how you think you should live)?

Section 2 : Your Aesthetic Instincts

Now let's talk about what draws you visually. This isn't about 'good taste.' It's about understanding what actually makes you happy when you look at it. That might be minimalist. It might be maximalist. It might be cozy. All of it is valid.



1. If you walked into a room and said 'I love this space,' what would be true about it?

2. Describe three spaces (rooms, homes, hotels, cafes) that make you feel peaceful or happy.

Space 1: _____

Space 2: _____

Space 3: _____

3. What colors feel right to you? (*Think about colors you wear, colors in nature you love, colors that make you happy.*)

4. When you touch something, what textures feel right? (Smooth? Rough? Soft? Natural?)

5. Do you prefer natural materials (*wood, stone, linen, leather*) or modern materials (*glass, metal, concrete*)?

Reflection:

Is there a consistent aesthetic thread running through your favorite spaces? What is it?

Section 3: The Functional Reality

Beautiful spaces that don't work for your life are just expensive decorations. This section is about getting real about what your home needs to do. Function first. Beauty follows.



1. What's your biggest space constraint? (Too small? Too much furniture? Too cluttered? Odd layout?)

2. Storage: What do you actually need to store? (Books? Toys? Seasonal items? Collections?) Be specific.

3. Lighting: Are you a 'bright and energetic' person or a 'soft and ambient' person? Do you work from home?

4. Maintenance: How much time do you spend cleaning? What surfaces/materials frustrate you?

5. Temperature & climate: Do you get hot easily? Prefer cozy and warm? How's the humidity/dust in your area?

Reflection:

What's the one function your home absolutely needs to support? Everything else is secondary to that.

Section 4: Your Values & Priorities

This section is about what actually matters to you. Not what sounds good or what you think you should prioritize. What genuinely matters. This becomes the backbone of your design.



1. Rank these in order of importance to you (1 = most important, 5 = least):

- ☐ Quality (buying things that last) vs. affordability (keeping costs down)
- ☐ Personalization (unique to you) vs. practicality (proven designs that work)
- ☐ Natural materials (wood, stone, linen) vs. modern materials (glass, metal)
- ☐ Open & bright vs. cozy & intimate
- ☐ Low maintenance vs. authentic (even if it requires care)

2. How long do you plan to live in this home? And how might your life change in that time?

3. What's something trendy or 'Instagram-worthy' that you DON'T want? (Even if it looks cool, you know it's not you.)

4. Budget reality: What's the total budget for your project? What areas are worth splurging on? Where can you compromise?

5. What does 'home' mean to you? (Don't overthink this. First instinct. No right answers.)

Reflection:

If you could say one sentence to a designer about what matters most to you, what would it be?

Section 5: Your Interior Design Profile

Now let's bring it all together. This is your personal design summary, the blueprint for a home that actually reflects who you are.



My Daily Life in Three Sentences:

My Aesthetic in One Word (And Why):

My Non-Negotiables:

(The 3-5 things that MUST be true about my home)

- -----
- -----
- -----
- -----
- -----

Materials & Finishes I Love:

My Budget Breakdown:

Total Budget: -----

Priority Areas: -----

Can Compromise On: -----

Reflection:

If My Home Could Tell One Story About Me, It Would Be:

What Comes Next?

You've just done the hard work.

You've thought deeply about how you actually live, what brings you joy, and what matters most. That's not something most people do before designing their home. Most people scroll Pinterest and hope something sticks. You didn't.

Here's how to use what you've written:

1. Sit with it. You don't need to act immediately. Let these answers settle. Come back to them in a week. Do they still feel true? Are there patterns you notice?



2. Get specific about what's next. Are you redesigning one room or your entire home? What's your timeline? When do you want to start?

3. Share this with a designer. If you work with a designer (whether that's us or someone else), give them this workbook. This is the conversation starter. It tells them who you are before they show you a single image.

4. Come talk to us. If these questions resonated with you—if the idea of designing a home around your actual life appeals to you—we'd love to have a conversation. No pressure. No sales pitch. Just two people talking about what home means to you.

Ready to take the next step? Drop us a note. Tell us about your project. Share what mattered most in this workbook. We read everything.

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Or visit us at innerspacedesign.co.in

With warmth,

Aanchal & Yogesh

Inner Space Interior Design Studio

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