The Calm Home Weekly Reset

A simple 30-minute routine to reset your home and get ready for the week ahead.

Pick one day, set a timer for 30 minutes and start at the top. The next pages break the reset down for the kitchen, the family and you, plus a 10-minute evening reset for the days in between.

THE WEEKLY HOME RESET

A little time each week brings more peace, less stress and a home that feels good to live in.

- [ ] **1. QUICK PICKUP**
  Walk through the house and put things back in their place.
- [ ] **2. KITCHEN**
  Reset the counters, check the essentials and get ready for the week.
- [ ] **3. BATHROOMS**
  Clear the counters, restock and refresh for a clean start.
- [ ] **4. BEDROOMS**
  Make the beds, clear the clutter and set up for better rest.
- [ ] **5. LAUNDRY**
  Reset the load, the supplies and the laundry area.
- [ ] **6. ENTRY AND DROP ZONE**
  Clear the landing spot so mornings and comings and goings run smoothly.

REMEMBER

Progress, not perfection. Small, steady actions build a calm home.

THIS WEEK

Day _____

Time _____

Who helps _____

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Kitchen Reset

Start the week with a clean, organized kitchen.

- [ ] **FRIDGE CHECK**
  Toss anything expired and wipe the shelves and drawers.
- [ ] **LEFTOVERS**
  Use what you have. Store leftovers well or plan a night to finish them.
- [ ] **GROCERY INVENTORY**
  Check what you already have before you shop.
- [ ] **MEAL PLAN**
  Plan simple meals for the week that everyone will eat.
- [ ] **GROCERY LIST**
  Write the list and keep it handy, on your phone or on paper.

TIME-SAVING TIP

Keep 3 or 4 go-to meals your family loves on rotation. Simple and realistic wins.

THIS WEEK'S MEALS

Mon _____
Tue _____
Wed _____
Thu _____
Fri _____

NOTES

Family Reset

A little planning now makes a smoother week for everyone.

- [ ] **CALENDAR**
  Review the week ahead together.
- [ ] **APPOINTMENTS**
  Confirm times, places and anything you need to bring.
- [ ] **SCHOOL AND WORK**
  Check homework, projects, deadlines and reminders.
- [ ] **ACTIVITIES**
  Practices, games, lessons and events.
- [ ] **ERRANDS**
  List what needs to get done, and when.
- [ ] **THINGS TO REMEMBER**
  Birthdays, gifts, notes, returns and to-dos.

FAMILY TIP

A 5-minute family huddle at the start of the week brings calm and connection.

WHO DOES WHAT

Drive _____

Cook _____

Pick up _____

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Personal Reset

Take care of yourself so you can take care of everything else.

- [ ] **CLOTHES FOR THE WEEK**
  Choose outfits, check the weather and prep what you need.
- [ ] **BAG OR PURSE**
  Clear it out, restock the essentials and keep it ready to go.
- [ ] **PAPERWORK**
  Sort the mail, files and papers. Keep only what you need.
- [ ] **PRIORITIES**
  Choose your top 3 priorities for the week.
- [ ] **PERSONAL TIME**
  Put something on the calendar that fills your cup.

YOU MATTER

A calm you makes a calm home.

MY TOP 3 THIS WEEK

1. _____
2. _____
3. _____

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The 10-Minute Evening Reset

A tiny routine that keeps your home from unraveling between weekly resets.

- [ ] **QUICK PICKUP** · 2 MIN
  Put things back in their places.
- [ ] **KITCHEN RESET** · 2 MIN
  Clear the counters, load or start the dishwasher and wipe down.
- [ ] **PLAN TOMORROW** · 2 MIN
  Check your calendar and set your top 3 priorities.
- [ ] **PREP FOR TOMORROW** · 2 MIN
  Lay out clothes, pack bags and set out what you need.
- [ ] **LAUNDRY CHECK** · 1 MIN
  Start a load or fold what's clean.
- [ ] **BREATHE** · 1 MIN
  Take a deep breath and give yourself credit for showing up.

WHY IT WORKS

Ten minutes a day keeps clutter from building up and saves time and stress later.

REMEMBER

You don't need more time. You need a rhythm that works for you.

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