



PEACEFUL HOME

Reset Checklist



STEP 1: Start Small – Win Early

- ☐ Declutter one junk drawer
- ☐ Clear off your nightstand
- ☐ Clean kitchen counter (only essentials)
- ☐ Tidy the bathroom sink area
- ☐ Unbury "the chair" (you know the one)
- ☐ Clear out your bag/purse
- ☐ Sort the mail pile – shred, file, recycle
- ☐ Declutter your car interior

STEP 2: Daily 5-Minute Reset Habits

- ☐ Clear one surface each evening (counter, table, etc.)
- ☐ Return items to their proper place.
- ☐ Toss/donate 1 item you no longer use.
- ☐ Straighten inside of cabinets empty.
- ☐ Open windows or light a candle to refresh the energy.
- ☐ Wipe down one area quickly (visual clarity is peace.)

STEP 3: One Room at a Time (Slow + Steady)

Bedroom:

- ☐ Make the Bed
- ☐ Put away or donate clothes not worn in the last year.
- ☐ Clear the tops of dressers or shelves

Bathroom:

- ☐ Toss expired products
- ☐ Clean out under the sink
- ☐ Keep counters clear

Kitchen:

- ☐ Toss duplicates or broken gadgets
- ☐ Clear expired pantry items
- ☐ Organize one drawer or cabinet



Living Room:

- ☐ Fold and store throw blankets.
- ☐ Donate books or DVDs you no longer love.
- ☐ Create a clutter-free coffee table zone.

Entryway:

- ☐ Make a landing spot for keys, mail, and shoes.
- ☐ Hang up coats or move out-of-season gear.
- ☐ Sweep or vacuum for a fresh "welcome home" vibe.

Office/Craft Room:

- ☐ Clear the clutter. Everything in it's place.
- ☐ Organize one drawer, cabinet or shelf.
- ☐ Take out trash.

STEP 4: Emotional Release Moments

- ☐ Let go of one item with emotional weight.
- ☐ Ask "Does this support who I am now?"
- ☐ Keep what brings peace, release what brings pressure.
- ☐ Donate something you've been holding onto "just in case."
- ☐ Give yourself permission to let go without guilt

STEP 5: Keep It Going

Weekly Peace Ritual

- ☐ Do a 15-minute Sunday reset.
- ☐ Pick one zone to "re-simplify" each week.
- ☐ Light a candle or play music while tidying.
- ☐ Celebrate your progress out loud (Yes, talk to yourself!)
- ☐ Remind yourself: Peace is a practice, not a performance.

Bonus Reminders:

- ✓ You don't need to do it all today.
- ✓ You don't need to be perfect.
- ✓ You just need to start somewhere small.

Peace is already
on its way!