

DECLUTTERING RESETS

Daily Evening Reset

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Weekly Reset

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DECLUTTERING RESETS- EXAMPLE

Daily Evening Reset

Run Dishwasher



Wipe Down Countertops



Pack lunches or Meal Prep for Next Day



Lay Out Outfits for Yourself and Small Children (if needed)



Fold/Put Away any in progress Laundry in the Laundry Room



All stray items in living spaces brought to designated spots or put in basket for sorting



Weekly Reset

Grocery Shop/M Meal Plan



Take 20 minutes to review plan for upcoming week



Finish any laundry needed for week



Complete Any Weekly Chores Needed Prior to Start of Week



Using your Checklist to the Fullest:

- Think through what activities cause the most chaos for you and your family when not completed before your day starts.
 - Ex: If the dishwasher is not emptied before the family has breakfast you start the day behind.
- Fill in these items in the daily reset category. These items should not take more than 5-10 minutes individually. They should be manageable to complete each evening for you and your family.
- Think through which items make your week go smoothly when completed ahead of time
 - Ex: Having all laundry done before the week starts or having grocery shopping and meal planning complete
- Fill in these items in the weekly reset category.
 - These items will typically take longer than the daily reset items because they are completed only once per week.