

## You Deserve to End Your Day Proud







## RESETTING YOUR SPACE IS NOT ABOUT *PERFECTION*.

IT'S ABOUT CLOSING YOUR DAY WITH INTENTION — SO YOUR HOME WORKS WITH YOU, NOT AGAINST YOU.

THESE 10-MINUTE RITUALS AREN'T JUST FOR THE ROOM... THEY'RE FOR YOUR MIND.



## How to Use This Pack

- Set a 10-minute timer.
   No pressure to finish everything.
- Start with 1-2 rooms a
   day pick what feels
   most urgent or
   energizing.
- Use the "Mind Reset" at the bottom of each checklist to close the task with calm.

#### Optional:

Print and place one checklist in each room as a gentle visual cue.





#### 10-MINUTE ROOM RESET

#### CHECKLIST

| No | Living Room                                     | <b>✓</b> | No | Kitchen  | <b>✓</b> |
|----|---|----------|----|--|----------|
| 1  | Toss trash + random papers                      |          | 1  | Load/unload dishwasher                           |          |
| 2  | Fold blankets + fluff pillows                   |          | 2  | Wipe countertops + sink                          |          |
| 3  | Return stray items to their homes               |          | 3  | Toss old food from fridge                        |          |
| 4  | Wipe coffee table + surfaces                    |          | 4  | Clear out clutter zone or catch-all bowl         |          |
| 5  | Light a candle or open a window                 |          | 5  | Sweep or vacuum quickly                          |          |
| No | Bedroom   | <b>✓</b> | No | Bathroom   | <b>✓</b> |
| 1  | Make bed (even if it's evening — reclaim it)    |          | 1  | Clear sink/counter                               |          |
| 2  | Clear nightstand                                |          | 2  | Wipe mirror + faucet                             |          |
| 3  | Tidy floor area / laundry pile                  |          | 3  | Toss old products or empties                     |          |
| 4  | Spray calming linen mist or diffuse oils        |          | 4  | Hang fresh towel                                 |          |
| 5  | Prep next-day clothes (bonus reset move!)       |          | 5  | Light a candle or drop essential oil in the sink |          |
| No | Kids' Room                                      | <b>✓</b> | No | Laundry Area                                     | <b>✓</b> |
| 1  | Set a 5-minute timer: have kids race to pick up |          | 1  | Fold one basket (just one!)                      |          |
| 2  | Toss broken toys + stray pieces                 |          | 2  | Start or switch one load                         |          |
| 3  | Return books to shelf                           |          | 3  | Clear top of machines                            |          |
| 4  | Wipe down high-touch surfaces                   |          | 4  | Hang coats or bags                               |          |
| 5  | Reset stuffed animals or comfort items          |          | 5  | Restock detergent if needed                      |          |



### GUIDED AUDIO MEDITATION LINK

### "YOU'RE DOING ENOUGH"



Scan this **QR code** to listen to your end-of-day audio.

Use this after your final checklist

CLOSE YOUR EYES, LISTEN,
AND FEEL GROUNDED









# IMAGINE YOUR WHOLE HOME FEELING THIS LIGHT - Very Way.

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