



The Gentle Home Reset Checklist

A Soft Homemaker's Guide to Resetting When You Feel Overwhelmed

glowingwithliving.com

Before You Begin: Reset Your Heart

- Make coffee or tea
- Open a window or turn on soft music
- Pray, journal, or brain dump for 5 minutes
- Take one deep breath and remind yourself:
- "I am creating peace, not chasing perfection."

STEP ONE: Clear the Visual Clutter

- Set a 20-minute timer
- Throw away trash
- Gather stray cups & dishes
- Start the dishwasher
- Collect laundry into one basket
- Return items to their proper room
- Clear visible surfaces

Don't organize. Don't deep clean. Just make it feel lighter.

STEP TWO: Reset the Energy Centers

- Kitchen – Sink empty, counters wiped, trash taken out
- Living Room – Blankets folded, couch fluffed, table cleared
- Bedroom – Bed made, nightstands cleared
- Entryway – Shoes lined up, bags hung

STEP THREE: Choose One Small Win

- Wipe bathroom sink & mirror
- Organize coffee station
- Complete one load of laundry start to finish
- Clean out one drawer
- Wipe down fridge shelves

Momentum builds motivation.

What I'm Intentionally Ignoring Today

- Baseboards
- Closet overhaul
- Seasonal bins
- Deep organizing projects
- The 'doom drawer'

A reset is not a renovation.

The 2-Hour Gentle Reset Flow

- 0–20 min → Trash + dishes
- 20–40 min → Laundry started + surfaces cleared
- 40–60 min → Kitchen reset
- 60–90 min → Living room + bedroom
- Last 30 min → Shower, light a candle, enjoy the calm

After the Reset

- Light a candle or start diffuser
- Wash your face & change into cozy clothes
- Sit in the clean space for 5 minutes
- Thank God for your home

■ Text your husband something kind

You don't need a perfect home. You need a peaceful one.