

THE FALL RESET

RESET YOUR HOME, ROUTINES & GOALS
FOR A MORE INTENTIONAL SEASON

There's no need to do it all at once. Start where your home needs you most.



1. CLEAR OUT *what you don't need*

Before bringing out the cozy blankets and fall decor, I like to make a little breathing room first.

- ☐ Clear out closets
- ☐ Purge the pantry
- ☐ Clear the entryway
- ☐ Tidy drawers & cabinets
- ☐ Declutter main living spaces
- ☐ Trash, donate, relocate, or use up
- ☐ Don't replace—wait & see if you miss it



2. GET YOUR ROUTINES BACK *simple rhythms for cozy days*

- ☐ Reset morning & evening routines
- ☐ Plan easy, comforting meals
- ☐ Create slower evenings at home
- ☐ Spend less time on your phone
- ☐ Make time for rest, reading, hobbies & what you love
- ☐ Be present with the people who matter most



3. BE INTENTIONAL *with the rest of your year*

You don't need to do it all—just focus on what actually matters to you.

- ☐ Reflect on your goals for the year
- ☐ What still matters? What can you let go of?
- ☐ Choose 2–3 priorities
- ☐ Focus on people over productivity
- ☐ Do more of what fills your cup
- ☐ Make meaningful memories



4. CREATE A HOME THAT FEELS LIKE YOU *use what you love*

- ☐ Shop your home for fall decor
- ☐ Style what you already have in new ways
- ☐ Use up candles, blankets & cozy things
- ☐ Thrift, DIY or repurpose when you want something new
- ☐ Make your home a welcoming place to slow down

