

7-Day Home Refresh Checklist

A lighter home for a brighter you.

Pre-Reset Preparation

- Set an intention for your home: How do you want it to feel?
- Walk through your space and take note of problem areas.
- Commit to spending 10-15 minutes per day resetting a space.

Day 1: The Clarity Reset – Seeing Your Home with Fresh Eyes

General Principles:

- The 'Clutter Energy Map' – Walk through your home and notice how each space makes you feel.
- Identify stress points (cluttered corners, overstuffed shelves) and calm zones (clear, open spaces).
- Set an intention: What do I want my home to feel like? (cozy, refreshing, energizing, relaxing).

Specific Actions:

- Walk through your home as if you were a guest—where does your eye go first? Does any space feel overwhelming?
- Stand at the entrance of each room and name the first three words that come to mind (e.g., messy, calm, chaotic, cozy).
- Pick one small area (like a shelf or corner) and adjust one thing to make it feel more inviting (e.g., remove visual clutter, add a soft light).
- Take a before-and-after photo of a space and see if small adjustments shift the energy.

Example Application:

- If your bedroom feels chaotic, try removing one unnecessary item from your nightstand to create mental clarity.

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Day 2: The 80/20 Declutter – Cutting Clutter in Half Instantly

General Principles:

- 80% of clutter comes from just 20% of your belongings—— focus on removing the excess.
- Decluttering isn't about getting rid of everything, it's about keeping what serves you.
- The easiest way to declutter is to decide what to keep, not what to remove.

Specific Actions:

- Pick one space (closet, kitchen, living room) and remove 5 items you haven't used in the past year.
- Use the 'Would I Buy This Again?' Rule—hold an item and ask if you'd buy it today.
- Try the 'One In, One Out' Rule—if you add something new, remove one old item.
- Tackle one 'hidden clutter' spot (junk drawer, nightstand, cabinet) and clear it out.

Example Application:

- If your closet is overflowing, keep only the 20% of clothes you actually wear and love.

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Day 3: The Kitchen Reset – Create a Clutter-Free, Easy-to-Maintain Space

General Principles:

- A clear kitchen makes cooking feel easier and more enjoyable.
- Keep only 3 essential appliances visible—everything else should be — stored.
- Use the 'Cooking-Ready' Test: If you wanted to make a meal right now, would your kitchen feel inviting?

Specific Actions:

- Clear countertops—store small appliances unless used daily.
- Wipe down the sink, stovetop, and fridge handle for an instant refresh.
- Toss expired food from fridge & pantry and organize most-used items at eye level.
- Set up a small 'daily reset' habit—load the dishwasher or wash dishes immediately after cooking.

Example Application:

- If you always struggle to find spices while cooking, use a tiered spice rack to keep them visible and organized.

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Day 4: The Living Room Reset – Make It a Space You Actually Want to Relax In

General Principles:

- Your living room should be a space for relaxation, not stress.
- Soft lighting, minimal clutter, and cozy textures create a calming atmosphere.
- Use the 'Would I Lounge Here?' Test—does your space feel inviting?

Specific Actions:

- Declutter surfaces—clear off coffee tables, side tables, and TV stands.
- Fold blankets, fluff pillows, and straighten up seating areas.
- Use warm lighting (lamps, candles) instead of harsh overhead lights.
- Remove 3 items that don't contribute to the room's coziness or functionality.

Example Application:

- If your living room always feels messy, try adding a decorative basket to store remote controls and miscellaneous items.

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Day 5: The Bedroom Reset – Creating a True Sleep Sanctuary

General Principles:

- A clutter-free bedroom promotes deeper, more restful sleep.
- Keep nightstands clear of anything that isn't calming or functional.
- Soft textures, dim lighting, and a fresh scent help set the mood for relaxation.

Specific Actions:

- Make the bed—the quickest way to reset the space.

- Declutter nightstands—keep only a book, lamp, or calming item.
- Remove clothes from 'the chair' and put them away properly.
- Set up soft lighting (lamps, fairy lights, or warm LED bulbs).

Example Application:

- If your nightstand is full of random items, store essentials in a small tray to keep it tidy yet functional.

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Day 6: The Bathroom Reset – No More Cluttered Counters

General Principles:

- A clean bathroom makes mornings feel smoother and more refreshing.
- Store only daily essentials on the counter—everything else should be organized inside cabinets or drawers.
- Use the 'Spa-Like Test': Does your bathroom feel clean, calming, and easy to use?

Specific Actions:

- Wipe down sink, mirror, and faucet for a fresh look.
- Toss expired skincare, makeup, and toiletries.
- Use drawer organizers to keep bathroom items tidy.
- Add a calming element—like a small plant or soft hand towels.

Example Application:

- If your morning routine feels chaotic, try storing daily-use products in a small tray for easy access.

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Day 7: The Entryway Reset – Making First Impressions Count

General Principles:

- Your entryway sets the tone for the rest of your home.
- A clutter-free entryway makes leaving and coming home feel effortless.
- Use the 'First Impression Test'—walk in as if you were a guest and notice the first thing you see.

Specific Actions:

- Put away shoes and coats—store only daily-use items in the entryway.
- Clear out unnecessary items (mail, keys, bags) from surfaces.
- Sweep or shake out the entry mat to remove dirt.
- Add a welcoming element (plant, mirror, or soft lighting).

Example Application:

- If your entryway feels crowded, use a small bench with built-in storage to keep shoes organized.

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Bonus: Quick 10-Minute Resets

- 2-Minute Sink & Counter Wipe-Down
- 5-Minute Closet Purge (Remove 3 items you haven't worn in 6 months)
- 3-Minute Entryway Declutter
- 10-Minute Kitchen Refresh (Wipe counters, clear dishes, tidy pantry)

Final Recap & Reflection

- A home that feels light and calming isn't about perfection—it's about creating a space that supports your well-being.
- Even small resets can shift the energy of your space.
- Think of this as a starting point—what's one small habit you can continue?

Self-Reflection:

What's one area of my home that feels noticeably better?

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How does it make me feel?

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