



## INTRODUCING THE DAILY RESET CHECKLIST

For years, this daily reset practice has been the backbone of our family home. After all, we have two kids, two dogs, and two adults under one roof – eating, sleeping, working, and playing. As you can imagine, things can get messy... quickly.

As we built this business and spent time in our clients' homes, one challenge kept coming up: even after we've been there, they still struggle to keep up. Hearing this again and again made it clear – we needed to share this simple, effective practice with our community.

On the pages that follow, you'll find an adaptable **Daily Reset Checklist** designed to be followed – you guessed it – **daily**. Not every couple of days, not when you remember, but every single day. Why daily? Because when practiced consistently, small resets make it nearly impossible for your home to spiral out of control.

And here's the magic: when you do this each day, it should take no more than **15-20 minutes total**. Daily practice builds habits of tidiness and order that benefit everyone in the home – including your nervous system!

We also encourage you to make it a family affair. Everyone in the home (walking age and up) can be given age-appropriate ownership over 1-3 zones. Tackle the reset together, at the same time each day. Creating this predictable routine removes the need to nag and helps form lasting habits.

And friend, don't forget to make it fun. Play a high-energy playlist, rotate who chooses the music, add a disco or star light for novelty, or even make a friendly competition for speed or thoroughness. This should never feel like a slog – it can (and should) feel energizing!

A quick note: this checklist works best as a maintenance tool **after a bigger, intentional reset**. Once you've pared down inventory, cleared the piles, and created systems for your belongings, these short daily bursts are the best way to sustain that order.

If you need help with that larger reset, remember – we love doing it, both virtually and in-home.

I'm so hopeful this checklist helps you keep your home on track and makes maintaining order easier than ever. And if it works for you, I'd love to hear about it – your wins are worth celebrating!

Yours in tidy fun,

**Britt**

Professional Organizer, Decluttering Coach & Owner of wellnested living Co.



# THE DAILY RESET CHECKLIST



## ENTRYWAY / MUDROOM

- Hang jackets/sweaters
- Put shoes away
- Sort mail/paperwork - to action, file, shred, garbage
- Hang keys
- Hang/ store accessories (sunglasses, hats etc.)
- Empty backpacks
- Bring lunch box(es) to the kitchen
- Action school memos
- Hang backpacks/purses

## KITCHEN & DINING SPACE

- Unload dishwasher & empty drying rack
- Clean dishes &/or load dishwasher
- Lunch box(es) emptied & cleaned
- Counters are cleared & wiped clean
  - Paper Product? File
  - Dishes? Washed or Loaded
  - Notes/Paper? Action or Garbage
  - Toys? Bin/Cupboard
  - Creative supplies? Returned to their home
- Pack lunches & fill water bottles
- Coffee is prepped for the morning
- Dining table cleared & wiped down
- Chairs tucked in

## BEDROOM(S)

- Drop any stray clothing in the laundry hamper
- Put away/ hang any clean or 'to be worn again' clothing
- Stuffedies/toys in their designated home
- Books return to their shelf
- Bed is made
- Surfaces are cleared (desk/dresser/side table)
  - Paper/Notes? Action or File
  - Make Up/Skin Care? Returned
  - Dishes/Cups/Bottles? Kitchen
  - Meds/Supplements? Returned

## LIVING ROOM

- Fold the blankets
- Reset the pillows
- Put away toys (in their designated home)
- Clear the coffee & side table(s)
  - Paper Product? File
  - Dishes? Kitchen
  - Toys? Bin/Cupboard
  - Books? Shelf
- Return any cups/dishes/bottles to the kitchen
- Vacuum area rugs (mostly pet parents!)
- Return gaming/tech equipment to their home
- Return remotes to their home base
- Drop any stray clothing in the laundry hamper

## BATHROOM(S)

- Counters are cleared & wiped clean
  - Make up & Skin care? Returned
  - Toothbrushes/paste? Returned
- Toilet is flushed
- Toilet paper is stocked
- Bath toys are drying in their holder/home
- Bath mats are hung
- Towels are hung
- Drop any stray clothing in the laundry hamper
- Shower curtain is extended for drying

### 5 KEY PRINCIPLES OF THE DAILY RESET

1. Make it all hands on deck - no exceptions
2. Divide & Conquer - everyone gets a zone
3. Tackle at the same time, **daily**
4. Set a timer 15-20 mins max.
5. Make it fun with music, lights or competition