

THE WEEKLY RESET CHECKLIST

A simple Sunday rhythm for a family of six

My house is never perfect. It is always reset. Print this, stick it on the fridge, and check off what you can. Done is better than perfect.

Plan the Week

- ☐ Check the calendar for the week ahead
- ☐ Plan dinners for the week - Dinner's at 5
- ☐ Write the grocery list
- ☐ Shop for the week
- ☐ Note any school, church, or appointments

Kitchen Reset

- ☐ Clear the counters - not the whole house
- ☐ Empty or run the dishwasher
- ☐ Wipe the island so Monday doesn't start sticky
- ☐ Quick fridge check - toss what's done
- ☐ Set out coffee for the morning

Laundry & Linens

- ☐ Start one load (or finish what's in the dryer)
- ☐ Fold and put away - start to finish
- ☐ Swap kitchen towels
- ☐ Check bath towels and washcloths

Quick Home Tidy

- ☐ One living-room surface reset
- ☐ Refresh the entry: shoes, hooks, bags
- ☐ Kids' zones - a quick pick-up
- ☐ Wipe bathroom sinks and counters
- ☐ Make the beds (or at least the grown-up one)

Prep for Monday

- ☐ Set out lunches, water bottles, school stack
- ☐ Plug in tablets and devices for school
- ☐ Lay out anything you'll need first thing
- ☐ Shoes by the door
- ☐ Plan Monday's dinner the night before
- ☐ Phone stays in the kitchen tonight

My Daily Rhythms

The boring habits that keep our home running

- ☐ Plan dinner the night before
- ☐ Make the bed the minute I get up
- ☐ 15-minute evening reset
- ☐ Go to bed at the same time
- ☐ One load of laundry a day, start to finish
- ☐ Phone in the kitchen at night
- ☐ Water before coffee