

# The Calm Home Reset System

A realistic weekly cleaning schedule designed to help overwhelmed moms create calmer, more manageable routines.

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Keeping up with home responsibilities during stressful seasons of life can feel mentally exhausting. This simple cleaning system was created to reduce overwhelm by breaking household tasks into small, manageable resets throughout the week instead of overwhelming all-day cleaning sessions.

*“Small resets create calmer homes.”*

## Weekly Cleaning Reset Schedule

DAY	FOCUS AREA
Monday	Kitchen Reset
Tuesday	Bathrooms
Wednesday	Bedrooms + Laundry
Thursday	Living Spaces
Friday	Floors + Quick Reset
Saturday	Catch-Up Tasks
Sunday	Rest + Prep

## Daily Calm Reset Checklist

- Start one load of laundry
- Do a 10-minute tidy reset

- Wipe kitchen counters
- Put items back in place
- Prep one thing for tomorrow
- Take a small moment for yourself

*Progress over perfection.*

One room. One reset. One manageable habit at a time.