



Home Reset Checklist

A menu of ideas for daily and weekly routines - adapt, share, pause or skip.

WEEK / HOME

MY PRIORITY

DAILY - SMALL RESETS

DONE	TASK IDEA	NOTES / WHEN?
☐	Dishes or kitchen sink reset	
☐	Laundry, if needed today	
☐	Clear one small surface or pathway	
☐	Put one useful item back where it belongs	
☐	Take out rubbish when the bin is full	

WEEKLY - CHOOSE WHAT MATTERS

DONE	TASK IDEA	NOTES / WHEN?
☐	Wash clothes, towels or bedding	
☐	Wipe one bathroom surface	
☐	Vacuum or sweep one area	
☐	Dust one surface or room	
☐	Check food and clear anything unwanted	
☐	Take out rubbish or recycling	
☐	Change bedding, if that helps you	
☐	Reset one clutter spot	

A GENTLE REMINDER

This is a starting point, not a standard you have to meet. Cross out tasks that do not fit your home. Add your own, share them, or leave a box empty.

ONE SMALL TASK I CAN TRY OR ASK FOR HELP WITH



The bigger jobs - at your pace

Monthly and seasonal tasks can be planned, shared, simplified or left for another time.

Use these as occasional ideas. Safety, access, weather and support come first.

MONTHLY - WHEN USEFUL

DONE	TASK IDEA	NOTES / WHEN?
☐	Wipe inside the fridge or a shelf	
☐	Clean one appliance or kitchen area	
☐	Wash window sills or a few reachable windows	
☐	Vacuum under an easy-to-move item	
☐	Check smoke alarm and replace batteries if needed	
☐	Sort one drawer, shelf or paperwork pile	

SEASONALLY / A FEW TIMES A YEAR

DONE	TASK IDEA	NOTES / WHEN?
☐	Refresh one cupboard or storage area	
☐	Wash curtains, covers or throw rugs if suitable	
☐	Check outdoor areas or ask for help with them	
☐	Arrange help for gutters, vents or high places	
☐	Review household supplies and replace essentials	
☐	Choose a deeper clean only if it is needed	

WHEN ENERGY IS LOW, MAKE THE TASK SMALLER

Try one surface, one bag, one basket, or five minutes. Sit down if that helps. Ask someone to body-double, share the job, or do the parts that are harder to start. Stopping is allowed.

MY OWN TASK / REMINDER
