Weekly Apartment Reset

A little planning. A calmer home.

Week of: _____ **My reset day:** _____

Weekly focus

- [ ] Reset my main space
- [ ] Tidy and declutter
- [ ] Refresh key areas
- [ ] Prepare for next week

This week

Day	One manageable task
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Small wins

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Notes

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Choose what helps. Leave room for real life.

Quick Reset Checklist

Choose the tasks your home needs this week.

- [ ] **Clear everyday surfaces**
- [ ] **Reset the kitchen**
- [ ] **Refresh the bathroom**
- [ ] **Return items to their places**
- [ ] **Empty trash and recycling**
- [ ] **Restock everyday essentials**
- [ ] **Prepare for the week ahead**

One small area I want to work on

Short on time?

Pick one task today. A useful reset does not need to be a perfect one.

A Week That Fits Real Life

A filled-in example. Move the tasks to the days that work for you.

This week: a busy workweek, with a Saturday reset

Day	Example task
Monday	5-minute living room tidy
Tuesday	Laundry + put clothes away
Wednesday	Clear and wipe kitchen counters
Thursday	Check supplies before shopping
Friday	10-minute bathroom refresh
Saturday	20-minute apartment reset
Sunday	Choose three priorities for next week

Three priorities

- [x] Clear the kitchen counter before bed.
- [ ] Keep clean laundry moving in small batches.
- [ ] Prepare one main space for next week.

Missed a day? Move the task, make it smaller, or let it go.

Make It Your Own

Simple instructions for a flexible weekly reset.

1. Choose your format

Print the PDF at 100% / actual size on matching Letter or A4 paper.

Or open the DOCX in Word, Google Docs, or another compatible editor.

2. Pick a realistic focus

Choose one or two areas that would make your week easier.

Use the checklist as a menu; you do not need to finish every task.

3. Plan small tasks

Add one manageable task to each day you want to use.

Keep a little spare space for changes, busy days, and rest.

4. Review and adjust

Notice a small win at the end of the week.

Repeat what helped, move unfinished tasks, and change what did not.

A calmer routine starts with one useful step.

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