

# Family Reset

## WHAT IT IS AND HOW IT CAN HELP YOU RECLAIM EASE & JOY

### What is a family reset?

A family reset touches all elements of life. It focuses on creating more space, organization, and a framework for life that supports calm, ease, and joy for the whole family. It is about making intentional choices and building intentional structures that support your family's flow in this current season. We recommend doing a family reset (or something like it) every six to twelve months to support your family life.

A family reset can look different for every household, but we mainly focus on home, mind, body, family, daily habits, and finances. Each category has a lot of flexibility, so make it your own.

### Phase 1: Make Space

Declutter, clean up your general schedule and daily life, and cancel out the noise so there is room for new habits and changes. We also build better systems around key areas of the house to keep organization going with more ease, in a way that is family friendly.

### Phase 2: Reshape Your Routines

This is where we rework daily and weekly routines: morning and evening routines, a workout plan, a cleaning plan, family activities, meal planning, budgeting and finances, health and wellness, and any other areas that apply to you and your family.

### Phase 3: Make It Stick

We build a system to help new habits actually stick. Each new habit gets treated like an experiment for about two to three weeks, then adjusted as needed, so you are not fighting an uphill battle with a habit that does not fit your current season, time, or lifestyle. This phase also includes setting up a shared calendar, reminders, or apps to keep the whole family informed and on track, and to support accountability for the long haul.

# Decluttering + Reorganizing

## CHECKLISTS AND GUIDE

### The Psychology Behind Decluttering

Ever feel like you are cleaning the same corner of the house for the hundredth time? You are not imagining it, and you are definitely not alone. Busy parents live in a constant state of overwhelm and overstimulation, and our physical space is a big part of that noise.

When we declutter and reorganize, we are not just clearing counters. We are clearing mental bandwidth, lowering overstimulation, and making room in our schedule for what actually matters.

If you want to nerd out on the science behind it, there is a lot of solid research on how our physical environment reflects and shapes our mindset, worth a read if that is your kind of rabbit hole.

The checklists in this guide are a general starting point, with plenty of blank space for your own additions. Tackle one area a day, chip away with whatever time you have, or block off a weekend and power through the whole house in one go. However it fits your season, that is the right way to do it.

My Tip for a radical reset: If you ask yourself: 'Should I keep this?' (whether its an item, commitment or app) Know that you have already given yourself the answer. If it is not a resounding YES or not even a question about it - make space and let it go.

# Family Reset: Checklist

## DECLUTTERING AND ORGANISING:

### Home

LIVING ROOM

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KITCHEN

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BEDROOMS

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BATHROOMS

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GARAGE

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OFFICE

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HALLWAY

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OTHERS

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OTHERS

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OTHERS

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CAR

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### Life

INBOX

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SCHEDULE

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DESKTOP

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PHONE

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D. STORAGE

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OTHERS

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OTHERS

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OTHERS

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# Family Reset:

## DECLUTTERING AND ORGANISING:

Home

LIVING ROOM

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KITCHEN

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BEDROOMS

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BATHROOMS

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GARAGE

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# Family Reset:

## DECLUTTERING AND ORGANISING:

Home

OFFICE

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HALLWAY

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CAR

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# Family Reset:

## DECLUTTERING AND ORGANISING:

### Life

INBOX

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SCHEDULE

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DESKTOP

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PHONE (APPS)

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DIGITAL STORAGE

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# Family Reset:

## BUILDING BETTER STRUCTURES

### Life

#### INBOX

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#### SCHEDULE

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#### DIGITAL STORAGE

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# Family Reset:

## BUILDING BETTER STRUCTURES

Others

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