



A simple guide to reduce stress, stay tidy, and help others help you!



Step 1: Start Small

- ☐ Choose one high-traffic area to begin (kitchen, bathroom, entryway)
- ☐ Identify 5-10 items that often get misplaced
- ☐ Assign a “home” for each one (drawer, bin, shelf, etc.)



Step 2: Label and Group

- ☐ Group similar items together (e.g., batteries, pens, chargers)
- ☐ Use clear labels to make it obvious where things go
- ☐ Make sure storage is easy to access (especially for kids or helpers)



Step 3: Communicate the System

- ☐ Let family members know where items belong
- ☐ Teach younger children where to put things back
- ☐ Bonus: Leave a simple note or label for helpers like babysitters or cleaning staff



Step 4: Try a Daily “Room Reset”

- ☐ Pick a consistent time each day (evening is great!)
- ☐ Spend 5–10 minutes putting things back where they belong
- ☐ Involve the family—make it part of your routine!



Step 5: Celebrate the Calm

- ☐ Notice how much easier it is to find things
- ☐ Enjoy how peaceful your home feels
- ☐ Thank yourself for creating a space that supports your well-being—and others too!

