

Lazy Homemaker Fall Reset Checklist

SIMPLE, NON-TOXIC SWAPS TO REFRESH YOUR SPACE WITHOUT BURNOUT

SET THE MOOD	✓
Open a window or crack the door	<input type="checkbox"/>
Light a candle or simmer pot	<input type="checkbox"/>
Put on your coziest playlist or podcast	<input type="checkbox"/>
Make a warm drink-you'll move more when you're not rushing	<input type="checkbox"/>

SAVOR THE SHIFT	✓
Stand back. Breathe. Smile at the one spot that feel <i>done</i>	<input type="checkbox"/>
Jot down any swaps you want to make next	<input type="checkbox"/>
Celebrate with a 5-minute sit or a fresh cup of tea	<input type="checkbox"/>
Reminder: You don't have to finish. You just have to start	<input type="checkbox"/>

ONE SHELF, ONE CORNER, ONE SWAP	✓
Pick a spot: pantry, entryway, bathroom, under the sink	<input type="checkbox"/>
Toss anything expired, sticky, leaking, or unloved	<input type="checkbox"/>
Wipe it down (use your Lavender & Sage spray!)	<input type="checkbox"/>
Replace with ONE upgraded item	<input type="checkbox"/>
-Herbal spray instead of chemical cleaner	
-Citrus scrub instead of mystery powder	
-Mood mist instead of synthetic room spray	
-Mirror spray you can actually pronounce	
-Mop mix that smells like a forest, not a lab	

WHAT WORKED? WHAT NEEDS TO BE RESTOCKED?
