The Gentle Home Reset

15-Minute Kitchen Reset Checklist

A calmer home, one small reset at a time.

TRASH → DISHES → LAUNDRY → SURFACE → 5 ITEMS

- [ ] Timer set — 15 min
- [ ] Trash bag
- [ ] Dishes in sink/dishwasher
- [ ] Basket for other rooms
- [ ] One surface wiped
- [ ] Five items put away
- [ ] Stop when the timer rings

Free printable — gentleresethome.com

Print it, stick it on the fridge, and let the list do the thinking.