FREE PRINTABLE

THE BUSY MOM'S Daily Reset Checklist

Because Your House Won't Clean Itself, But This Makes It Feel Like It Might

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MORNING RESET — 15 minutes, you got this, mama!

- [ ] Make the beds (pullingthe comforter up counts, we don't judge)
- [ ] Wipe kitchen counters(yesterday's crumbs don't live here rent-free)
- [ ] Start a load of laundry (just push the button — future you handles folding)
- [ ] Quick bathroom counter swipe (toothpaste art is not decor, y'all)
- [ ] Empty the dishwasher (or at least open it with good intentions)
- [ ] Do a 2-minute pickup (whatever migrated overnight — where do these things come from?)

AFTERNOON RESET — 10 minutes, halftime, baby!

- [ ] Living room rescue mission (toys, shoes, and mystery items — back where they belong)
- [ ] Switch the laundry (look at you remembering!)
- [ ] Wipe kitchen counters after lunch (the crumbs are back — they always come back)
- [ ] Sortthemail (toss the junk, file the important stuff, side-eye the bills)
- [ ] Quick fridge check (ifitsmellsfunny,it's time to go, honey)
- [ ] Refill water bottles and snack stations (hydration and hangry prevention, all in one)

EVENING RESET — 20 minutes, tomorrow-you will send a thank you card

- [ ] Full kitchen reset (dishes done, counters gleaming, sink shining — chef's kiss)
- [ ] Living room 10-minute tidy (set a timer, make it a game — bonus points for speed)
- [ ] Prepthecoffeemaker (because morning without coffee is just a hostage situation)
- [ ] Pack lunches/bags for tomorrow (morning chaos prevention protocol—activated)
- [ ] Fold and PUT AWAY one load of laundry (all the way away — yes, really)
- [ ] Quick sweep or vacuum high-traffic zones (crumbs, dog hair, glitter from 2024 — gone)
- [ ] Set out tomorrow's outfits (optional but SO worth it)
- [ ] Brain dump tomorrow's to-do list ontopaper)

DAILY BONUS ROUND — pick ONE, you overachiever!

- [ ] Wipe down one appliance (the microwave is begging you)
- [ ] Clean one mirror or window (hello, gorgeous—ohwait, that's you!)
- [ ] Organize one junk drawer (we all haveatleastthree, don't lie)
- [ ] Declutter 5 items (if you haven't touched it since the last president, bye)

"Done is better than perfect, sugar. You're doing amazing."

Weekly resets, monthly deep cleans, meal planning, declutter challenges & more!

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