

THE NORDIC HOME RESET

The Starter Checklist

Seven small resets, one kinder way to decide, and first steps if a move is coming.

A free sample. Print it, pin it up, tick it off.

How to use this checklist

- 1 Pick one small space.**
A drawer, a shelf or one corner. Not a whole room.
- 2 Set a timer for 20 minutes.**
Stop when it rings, even halfway through. Tomorrow is another session.
- 3 Keep three boxes or bags nearby.**
Label them Keep, Pass on and Let go.
- 4 Tick the box when you finish.**
Progress counts far more than perfection.

This free starter checklist is a sample. The full plans are in The 30-Day Home Reset and The Downsizing Workbook.

Your first week: seven small resets

About 20 minutes a day. Tick each task as you finish it.

DAY 1

The front door

- ☐ Clear everything off the floor that isn't used this week
- ☐ One hook or peg per person, no more
- ☐ Choose a single tray or basket for post

DAY 3

One kitchen drawer

- ☐ Empty it completely onto a towel
- ☐ Keep one of each tool you actually use
- ☐ Pass on duplicates that still work

DAY 5

Your bedside table

- ☐ Keep only what you reach for at night
- ☐ Finish, pass on or donate the book pile
- ☐ Gather loose cables and chargers

DAY 7

The paper pile

- ☐ Sort into three piles: act, file, shred
- ☐ Put the act pile somewhere you will see it
- ☐ Note any papers family would need to find

DAY 2

The kitchen counter

- ☐ Put away anything not used every day
- ☐ Recycle old flyers, menus and receipts
- ☐ Wipe down the clear space

DAY 4

The bathroom cabinet

- ☐ Check dates on medicines and creams
- ☐ Return old medicines to a pharmacy if yours accepts them
- ☐ Let go of products you have tried and won't use

DAY 6

The linen cupboard

- ☐ Keep two sets of bedding per bed
- ☐ Offer old towels to an animal shelter or rag bag
- ☐ Fold and stack by room

WHAT FELT EASIER THIS WEEK?

Keep, pass on or let go?

When you are unsure about an item, hold it and ask these five questions.

- ☐ Have I used this in the past year, or will I in the next one?
- ☐ If it broke tomorrow, would I buy it again?
- ☐ Am I keeping it for me, or out of guilt?
- ☐ Does someone I know want it now? Ask, don't assume.
- ☐ Could a photograph keep the memory instead?

KEEP

Used, loved, and it has a place to live.

PASS ON

Useful or meaningful to someone else.

LET GO

Broken, expired, or kept only out of guilt.

A gentler approach to inherited things

- There is no deadline. Grief and sorting don't mix well, so wait for a good day.
- Choose one memory box or one shelf per person, and let the space decide what stays.
- Ask family before you donate. Give them a date to collect what they would like.
- Write a short note about where special items came from and tuck it inside.

ITEMS TO ASK FAMILY ABOUT

If a smaller home is on the horizon

Six first steps, in roughly this order. None of them needs a decision about a single object.

- ☐ Measure the rooms in your new home, or ask for a floor plan.
- ☐ Photograph each large piece of furniture and note its size.
- ☐ Start with rooms you use least: the loft, garage or spare room.
- ☐ Tell family your timeline early, with a date to collect items.
- ☐ Keep important documents together in one labelled folder.
- ☐ Book help for heavy lifting and ladders. Don't do it alone.

Room tracker

Room or space	Started	Keep	Pass on	Let go	Done
					☐
					☐
					☐
					☐
					☐
					☐
					☐

NOTES FOR MOVING DAY