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Reflection & Reset

A Gentle Guide to Embracing a Slower, More Intentional Home Life

Where Am I Rushing?

Think about your daily routines at home. Are there moments where you feel like you're always hurrying—even when you don't need to?

- ➡ Where in my day do I feel the most rushed?
- ➡ What tasks or expectations make me feel like I need to “keep up” or “do more”?
- ➡ Are these things truly necessary, or are they habits I've fallen into?

What Moments Do I Want to Savour More?

Home isn't just about what needs to be done—it's about how you experience it.

- ➡ What small moments bring me joy at home? 🍵 (e.g., morning coffee, slow dinners, reading at night)
- ➡ How can I make space for these moments, even in busy seasons?
- ➡ What's one thing I can stop rushing through so I can enjoy it more?



“You can't pour from an empty cup—take care of yourself first.”

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Letting Go of What Doesn't Matter

So often, we fill our time with things we think we should do. But what if some of them aren't actually necessary?

- ➡ What's one household task I tend to obsess over that doesn't actually matter in the big picture? 🏠
- ➡ What unrealistic expectations am I holding myself to?
- ➡ What's something I can give myself permission to let go of?

How Do I Want My Home to Feel?

Instead of focusing on a perfect home, let's focus on how you want it to feel.

- ➡ If my home could give me one feeling every day, what would it be? (e.g., calm, cozy, welcoming)
- ➡ What small things help me create that feeling? 🕯️
- ➡ How can I shift my mindset from "getting things done" to "enjoying my space"?



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Three Simple Ways I Can Slow Down This Week

Let's put reflection into action—without pressure, just small shifts that bring more peace into your home.

- ➡ One small change I can make in my morning routine to slow down: ☀
- ➡ One mindful moment I will create in my home this week: 🕒
- ➡ One thing I will say “no” to in order to create more space for rest: 🚫

Final Thought: You Deserve Rest

Slowing down isn't about falling behind—it's about finally catching up with the life that's right in front of you. ❤️

Take what you need from this worksheet and leave the rest. Your home is yours to shape, and you have permission to make it a place that nurtures, not just functions.

Want More?

If you enjoyed this worksheet, let's stay connected! Follow along for more slow living, intentional homemaking, and mindful moments at Our Little House in the Country.



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