

A decorative border of watercolor-style flowers and greenery surrounds the text. The flowers include yellow daisies, pink and red blossoms, blue small flowers, and clusters of tiny yellow buds. The greenery consists of various leaf shapes and stems.

# *Home Rhythms & Gentle Routines*

**A PRINTABLE GUIDE FOR CREATING  
CALM, SUPPORTIVE DAYS AT HOME**

ROOTED IN REAL LIFE — SHAPED BY  
CONNECTION, NOT PERFECTION

# Thank you & WELCOME

Welcome. I'm so glad you're here.

These pages were created with the understanding that most of us are already doing our best — often while juggling busy days, family life, work, commitments, and the general noise of everyday living. Even when we long to live more slowly and intentionally, it isn't always easy. Life can feel full, demanding, and overwhelming at times, and our homes often carry the weight of that.

This section is not here to add more to your plate.

It isn't about perfect routines, colour-coded schedules, or turning your days into something rigid or idealised. It's not about doing more, becoming more organised, or fixing yourself or your home.

Instead, these pages are an invitation to gently reshape what you're already doing — to notice what supports you, what drains you, and where small, realistic shifts might make everyday life feel a little steadier and calmer.

You don't need to use every page.

You don't need to fill everything in.

You don't need to follow these in any particular order.

To help you get started, you'll find examples of what a completed page might look like. These are simply suggestions — a visual nudge to show how the pages could be used. Your version will look different, and that's exactly as it should be.

Think of these pages as a quiet framework rather than a set of rules. A place to land. A way to bring a little more ease into your home without striving for perfection or overhauling everything at once.

This is about creating something workable and doable within an already busy life. About softening the edges, letting go of unrealistic expectations, and finding rhythms that support you and your household as you are, right now.

If these pages help you slow down even slightly, breathe a little deeper, or feel more supported in your day-to-day life, then they're doing their job.

Use what helps. Leave the rest. Return to them whenever you need.

With warmth,

*Ciara*

Our Little House in the Country



# Our Home Values

Creating a home that reflects who you are

*A space to reflect on what you want your home to stand for - shaping your home around connection, care, and what truly counts*



# OUR HOME VALUES

Our home values are not rules or expectations — they're gentle guideposts. They reflect what matters most to us as a family and how we want our home to feel, rather than how it looks.

This page is an invitation to pause and consider what you value in your home right now. These values may shift over time as seasons, circumstances, and needs change — and that's perfectly okay.

You might fill this page in on your own, together as a family, or return to it whenever things feel busy or overwhelming. There are no right or wrong answers — only what feels true for you.

**In our home, what matters most right now?**

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**How do we want our home to feel when we walk through the door?**

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**What do we value more than perfection?**

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**What helps our home feel calm and supportive?**

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What do we want more of in our day-to-day life at home?

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What do we want less of?

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How can our home reflect the people who live in it?

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What does connection look like in our home?

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How do we make space for rest, play, and being ourselves?

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What values do we want to return to when things feel hectic?

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# SAMPLE COMPLETED PAGE – OUR HOME VALUES

In our home, we value:

- Calm over perfection
- Connection over productivity
- Connection over correction
- A welcoming, lived-in home
- A home that reflects everyone who lives here
- Shared responsibility and mutual respect
- Space to rest, reset, and recharge
- A home that feels like us — not a version we're trying to keep up
- Room for colour, creativity, and personality
- A place where everyone is free to be exactly who they are

When things feel busy or overwhelming, we try to return to these values and let them guide our choices.

*\*These values are a guide, not a goal. They're here to support you, not to be perfected.*









# Daily Rhythms

A gentler way to shape your days

*Morning, afternoon, and evening rhythms that support  
real life — not rigid routines.*



# OUR DAILY RHYTHMS

Daily rhythms are the gentle patterns that shape our days — not strict schedules or hour-by-hour routines, but familiar flows that help life feel steadier and more manageable.

Rather than asking “What should I be doing at 9:15?”, rhythms ask:

- How do we begin our mornings?
- What helps the middle of the day run smoothly?
- How do we wind down in the evening?
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Rhythms allow for flexibility. They shift with seasons, energy levels, work patterns, school schedules, and family life. Some days will follow them closely; other days won't — and that's okay.

This section isn't about creating the “perfect” day.

It's about noticing what already works, easing what feels stressful, and shaping a daily flow that supports your home, your family, and yourself.

Think of daily rhythms as anchors, not rules.

What parts of the day feel  
calm or supportive?

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What parts of the day feel rushed, heavy,  
or chaotic?

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Where do things tend to unravel?

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Morning

What usually sets the tone for our mornings?

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Morning

What would help mornings feel steadier or gentler?

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Morning

What actually needs to happen in the morning?

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Afternoon

What tends to drain energy in the middle of the day?

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Afternoon

What helps things flow better here?

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Afternoon

Where could we simplify?

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Evening

What helps us wind down?

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Evening

What often feels stressful or rushed in the evenings?

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Evening

What would make evenings feel more restful?

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Overall

What do I want my days to feel like?

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Overall

What matters more than efficiency right now?

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# A SAMPLE DAILY RHYTHM

This is just one example — yours may look completely different.

## Morning Rhythm

- Wake up and open the curtains to let in light
- Make tea or coffee before checking phones
- Quick tidy of the kitchen or main living space
- Breakfast together (or a quiet moment if mornings are solo)
- Pack bags / prepare for the day at an unhurried pace

## Afternoon Rhythm

- Lunch and a short pause (even five minutes counts)
- One focused task or priority
- Tidy as you go — nothing perfect
- A walk, fresh air, or change of scenery if possible
- Prep one small thing for the evening

## Evening Rhythm

- Light a lamp or candle as daylight fades
- Simple dinner and clearing the space together
- Gentle tidy or reset
- Screens down or dimmed
- A calm activity: reading, journaling, stretching, conversation
- Prepare for tomorrow in a small, manageable way

*This rhythm flexes from day to day — it's a guide, not a rule.*

# Our Daily Rhythm

Morning:

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Afternoon:

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Evening:

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# Weekly Home Rhythm

A gentle structure for the week ahead

*Simple daily focuses to help the home tick along —  
without trying to do everything at once*



# SHAPING YOUR WEEKLY FLOW

## What Is a Weekly Home Rhythm?

A weekly home rhythm is a simple way of spreading home tasks gently across the week, rather than carrying everything in your head or trying to do it all at once.

Instead of long to-do lists or rigid cleaning schedules, a weekly rhythm offers a light structure: one small focus per day that helps your home feel cared for and manageable.

These rhythms aren't rules. They can change with the seasons, your energy, work commitments, or family life. Some weeks you'll follow them closely; other weeks you won't — and that's perfectly okay.

This is not about keeping a spotless house.

It's about creating a rhythm that supports your life, reduces overwhelm, and leaves space for rest.

Think of this as a guide for the week, not a checklist to complete.

Before choosing daily focuses, take a moment to reflect on how your week currently feels.

**What tends to build up and feel overwhelming by the end of the week?**

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**Which tasks, when done regularly, make the biggest difference?**

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**When do I have the most (and least) energy during the week?**

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# SAMPLE WEEKLY

## *Rhythm*

### PRIORITIES

- KEEP SHARED SPACES CALM AND EASY TO USE
- STAY ON TOP OF LAUNDRY SO IT DOESN'T BUILD UP
- KEEP MEALS SIMPLE AND PLANNED ENOUGH TO REDUCE STRESS
- TACKLE PAPERWORK BEFORE IT BECOMES OVERWHELMING
- BUILD IN REST, ESPECIALLY TOWARD THE END OF THE WEEK
- FOCUS ON PROGRESS, NOT PERFECTION

### MONDAY

**LAUNDRY & BEDS**  
WASHING,  
FOLDING,  
FRESH SHEETS  
IF NEEDED.

### TUESDAY

**KITCHEN & FOOD PLANNING**  
CLEAR  
SURFACES,  
FRIDGE CHECK,  
MEAL IDEAS FOR  
THE WEEK.

### WEDNESDAY

**PAPERWORK & ADMIN**  
EMAILS, FORMS,  
BILLS, SCHOOL  
NOTES, FILING

### THURSDAY

**FLOORS & SURFACES**  
QUICK VACUUM,  
WIPE-DOWNS,  
LIGHT RESET.

### FRIDAY

**GENTLE TIDY & REST**  
LIGHT TIDY  
ONLY. EARLY  
WIND-DOWN  
WHERE  
POSSIBLE.

### SATURDAY

**FAMILY & HOME PROJECTS**  
GARDENING,  
DIY,  
ORGANISING,  
SHARED JOBS.

### SUNDAY

**RESET & PREPARE**  
PLAN THE  
WEEK, TIDY  
SHARED  
SPACES,  
PREPARE BAGS  
OR LUNCHES.

### NOTES

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# WEEKLY

*Rhythm*

PRIORITIES

MONDAY \_\_\_\_\_

TUESDAY \_\_\_\_\_

WEDNESDAY \_\_\_\_\_

THURSDAY \_\_\_\_\_

FRIDAY \_\_\_\_\_

SATURDAY \_\_\_\_\_

SUNDAY \_\_\_\_\_

NOTES

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# This Month's Home Focus

A gentle guide for shaping the month  
ahead

*Focusing on what matters most this month*



# MONTHLY HOME FOCUS

Each month brings its own energy, challenges, and opportunities. Rather than trying to “do it all,” this page invites you to choose just a few gentle areas of focus for your home.

A monthly home focus helps you:

- avoid overwhelm
- move at a steady, seasonal pace
- make small changes that add up over time

These aren't big projects or to-do lists. They're simple intentions — ways of supporting your home and yourself during this particular month or season.

Choose what feels most helpful right now. You can repeat focus areas, change them mid-month, or keep them very small. There is no right way to use this page.

## Monthly Home Focus Prompt

As you look ahead to this month, ask yourself:

*What would make our home feel a little calmer, lighter, or easier to live in right now?*

Consider:

- one area that would benefit from attention
- one rhythm or habit you'd like to soften or improve
- one small change that would support daily life this season

Choose up to three gentle focus areas — not tasks to complete, but intentions to guide the month.

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# Sample Monthly Focus

MONTH | SEASON

MARCH | EARLY SPRING

This month, I'm focusing on:

1.

Clearing clutter from the hallway

2.

Creating a calmer evening routine

3.

Refreshing the kitchen space

Notes / ideas / gentle reminders:

- Add a new storage basket for shoes
- Swap winter coats for lighter layers
- Clear kitchen surfaces and add fresh flowers
- Light a candle during evening tidy-up

# Monthly Focus

MONTH | SEASON \_\_\_\_\_

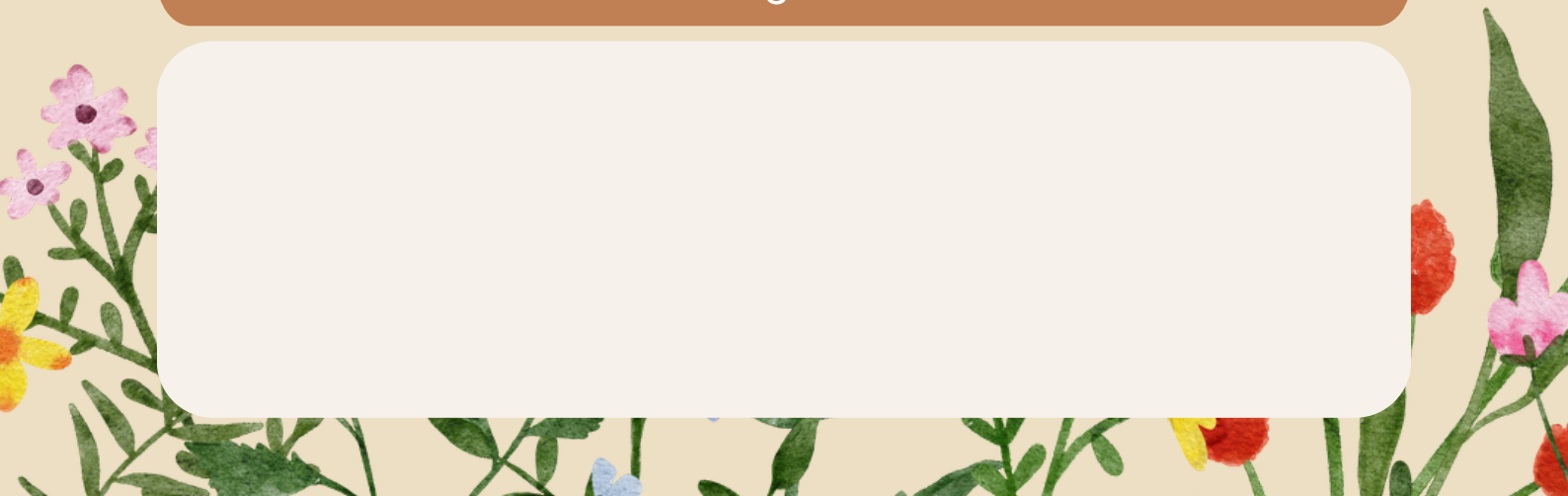
This month, I'm focusing on:

1.

2.

3.

Notes / ideas / gentle reminders:







# Gentle Weekly Reset

A calm way to reset before the week  
ahead

*Small, supportive steps to help life feel steadier*



# GENTLE WEEKLY RESET

A weekly reset isn't about catching up, doing everything, or starting the week perfectly. It's simply a soft pause — a chance to clear a little space, look ahead gently, and support yourself and your home before the new week begins.

This reset is designed to be:

- light and flexible
- easy to return to week after week
- supportive rather than demanding
- 

You don't need to complete every item. Some weeks you might do just one or two things — and that's enough. The goal isn't a spotless home or a perfectly planned week, but a sense of steadiness and ease.

Think of this as a could-do list, not a must-do one.

Use it in whatever way serves you best — Sunday evening, Monday morning, or whenever you need to reset.

## WEEKLY RESET REFLECTION

Before you begin, take a moment to check in:

- What feels cluttered or heavy right now?
- What would make the coming week feel calmer or easier?
- Where could I be a little kinder to myself this week?

This week, my reset will focus on:

- supporting daily life
- reducing stress points
- making space for rest and breathing room

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# WEEKLY RESET IDEA BANK

If it helps, choose from the ideas below rather than starting from scratch.

You don't need to do everything — simply pick a few that feel right for this week.

You can repeat favourites, skip what doesn't fit, or add your own.

## HOME

- Clear kitchen counters
- Tidy the living area
- Empty bins or recycling
- Wipe down bathroom sink and mirror
- Put away laundry
- Change bedsheets
- Declutter one small surface
- Sweep or vacuum high-traffic areas
- Reset the entryway or hallway
- Water houseplants
- Open windows for fresh air
- Light a candle and reset the space
- Tidy bedside tables
- Put clutter back where it belongs

## FOOD

- Plan simple meals for the week
- Check fridge and cupboards
- Write a shopping list
- Prep one easy meal ahead
- Wash fruit and vegetables
- Clear out expired food
- Set a loose meal theme (e.g. soups, trays, slow cooker)
- Choose breakfasts for the week
- Decide on one takeaway or easy night
- Make something comforting
- Restock snacks or staples
- Prepare lunches in advance
- Set the table nicely once this week

## LIFE

- Review diary or calendar
- Prepare bags, clothes, or essentials
- Write a short to-do list for the week
- Choose one priority for the days ahead
- Reply to messages or emails
- Tidy paperwork or admin
- Pay or check upcoming bills
- Schedule one moment of rest
- Plan a walk or outdoor time
- Check in with how you're feeling
- Write down what's worrying you, then set it aside
- Make space for something enjoyable
- Go to bed earlier one night
- Do something just for you



### Remember:

*This list is here to support you — not to be completed perfectly.*

*Choose what helps this week, in this season.*









# Monthly Home Tasks

Small, seasonal tasks to support  
everyday home life

*A gentle way to care for your home without doing  
everything at once*



# MONTHLY HOME TASKS

Monthly home tasks are not about doing more — they're about doing a little, gently and intentionally, over time. Rather than keeping everything in your head or waiting until things feel overwhelming, this page invites you to choose a handful of simple tasks that support your home this month.

These tasks might:

- help prevent small things from building up
- prepare your home for the next season
- bring a sense of freshness or order
- support daily life in quiet ways
- 

You don't need to complete every task.

Some months you'll do more, others very little. The aim is steadiness — not completion. Think of this as a light monthly reset, not a checklist to conquer.

## CHOOSING YOUR MONTHLY HOME TASKS

Before writing anything down, take a moment to reflect:

- What areas of the home have been asking for attention?
- What tends to get forgotten or postponed?
- What would make daily life feel a little easier this month?
- Is there anything seasonal I'd like to prepare for or put away?

This month, a few gentle tasks could include:

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# MONTHLY HOME TASKS — IDEA BANK

If it helps, choose from the ideas below rather than starting from scratch.

Pick a few that feel manageable — you can repeat favourites or skip anything that doesn't fit.

## HOME & SPACES

- Declutter one drawer or cupboard
- Clear one surface that gathers clutter
- Refresh the entryway or hallway
- Reorganise a small storage area
- Dust light fixtures or shelves
- Clean windows or mirrors
- Wash throws, cushion covers, or blankets
- Tidy bedside tables
- Sort paperwork or manuals
- Refresh houseplants or pots

## KITCHEN & FOOD

- Clean out the fridge
- Wipe down cupboards or shelves
- Check expiry dates
- Restock pantry staples
- Declutter one kitchen drawer
- Refresh the spice rack
- Clean the kettle or coffee machine
- Sort reusable containers
- Plan a few simple meals
- Clear freezer space

## LAUNDRY & BEDROOMS

- Swap seasonal clothes
- Declutter one clothing category
- Organise wardrobes or drawers
- Wash mattress covers or protectors
- Refresh bed linens
- Sort out unmatched socks
- Donate unused clothing
- Tidy under-bed storage

## BATHROOM & UTILITY AREAS

- Clear out bathroom storage
- Discard old toiletries
- Clean grout or tiles lightly
- Refresh towels
- Organise cleaning supplies
- Tidy utility or laundry space

## SEASONAL TASKS

- Put away seasonal items
- Bring out items for the coming season
- Refresh décor gently
- Prepare outdoor space or garden
- Clean boots, coats, or shoes
- Store items no longer needed this season



**Remember:**

**You don't need to do everything — just what supports your home this month.**

# Sample Monthly Home Tasks

MONTH | SEASON

MARCH | EARLY SPRING

This month, I'm focusing on:

- Decluttering the hallway cupboard
- Washing throws and cushion covers
- Sorting one drawer or shelf in the kitchen
- Refreshing the bathroom storage
- Swapping winter coats for lighter layers

Notes / ideas / gentle reminders:

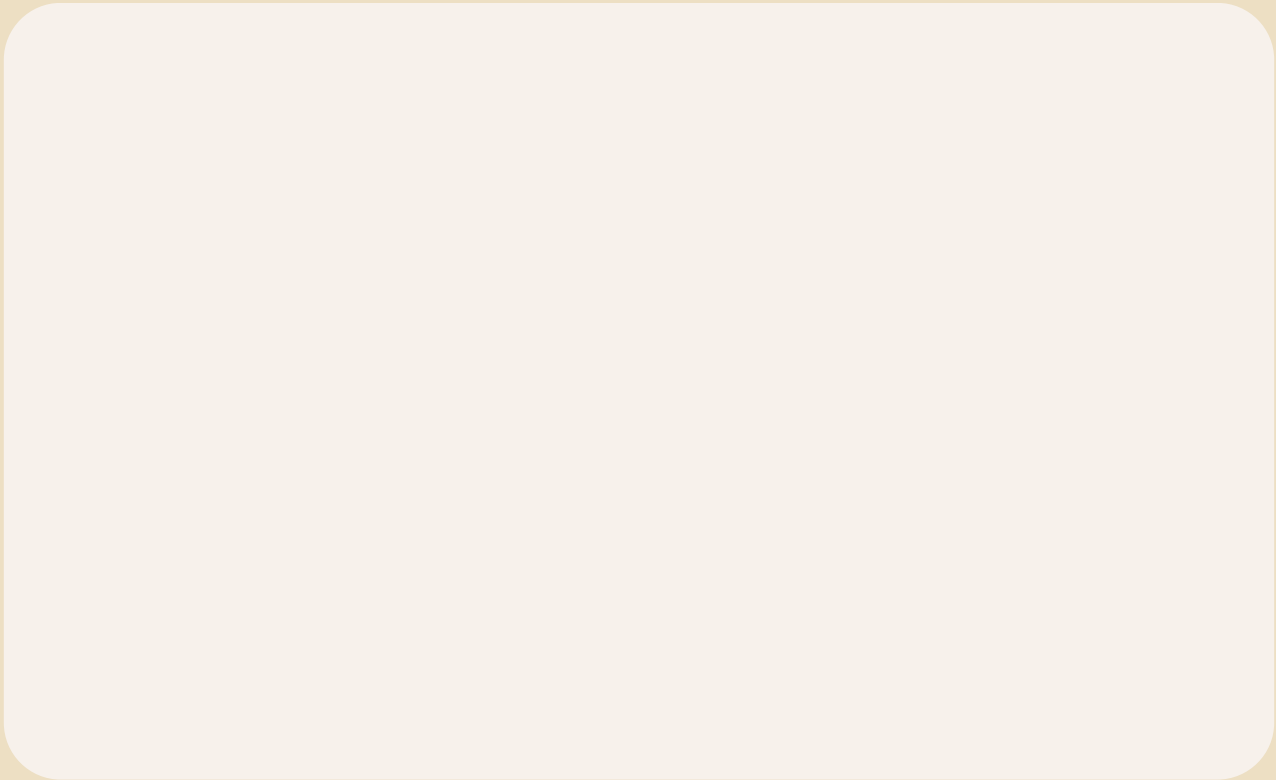
- Do one task at a time
- Spread tasks across the month
- Stop when it feels like enough



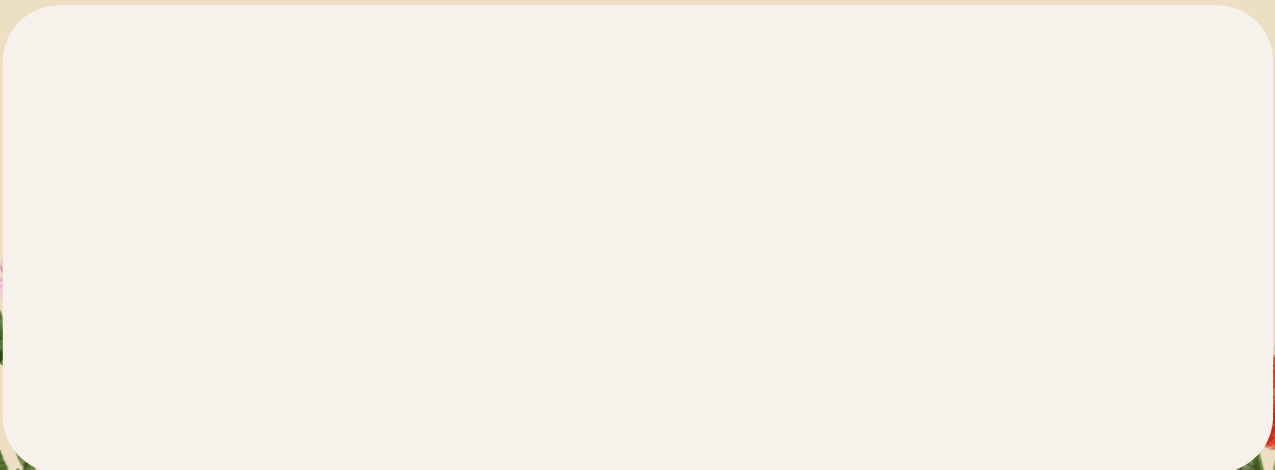
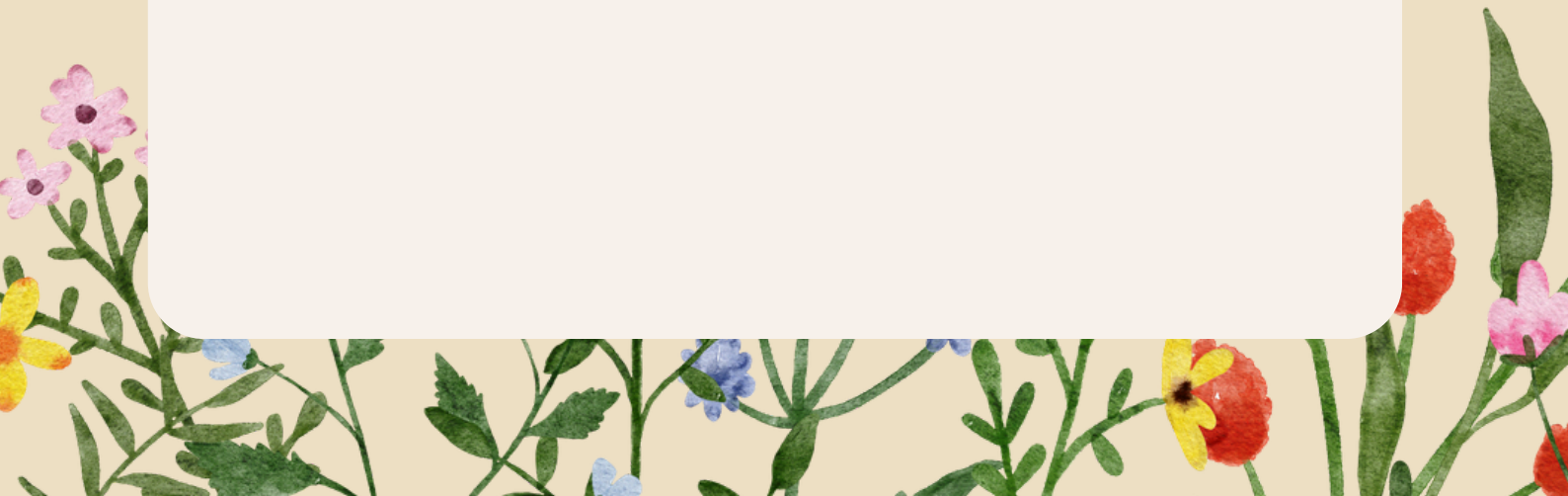
# Monthly Home Tasks

MONTH | SEASON \_\_\_\_\_

This month, I'm focusing on:

A large, empty white rounded rectangle with a soft drop shadow, intended for writing notes or details about the month's focus.

Notes / ideas / gentle reminders:

A second large, empty white rounded rectangle with a soft drop shadow, intended for writing additional notes, ideas, or reminders.





# Seasonal Home Rhythm

A gentle way to let your home move  
with the seasons

*Small shifts in focus, pace, and care — rather than big  
overhauls*





# YOUR SEASONAL HOME RHYTHM-REFLECTION & BRAINSTORMING

Season: \_\_\_\_\_

This season feels like:

- Restful
- Busy
- Transitional
- Grounding
- Expansive
- Gentle
- Full
- Quiet

(circle or add your own words)

Right now, my home needs more of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

And less of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This season, I want my home to support:

- My energy by \_\_\_\_\_
- My family by \_\_\_\_\_
- My wellbeing by \_\_\_\_\_

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# Sample Seasonal Home Rhythm

*(Example: Autumn Seasonal Home Rhythm)*

**Season:** Autumn

**This season feels like:**

Transitional · Cosy · Slower · Grounding

**Right now, my home needs more of:**

- Warmth and comfort
- Simpler meals and routines
- Fewer commitments in the evenings

**And less of:**

- Over-scheduling
- Visual clutter
- Pressure to “keep up”

**This season, I want my home to support:**

- Restful evenings and early nights
- Gentle family connection
- A slower, steadier pace of life

**Seasonal focus for my home:**

Cosiness, nourishment, and calm

# Seasonal Home Rhythm

Season: \_\_\_\_\_

This season feels like:

\_\_\_\_\_

Right now, my home needs more of:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

And less of:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

This season, I want my home to support:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Seasonal focus for my home:

\_\_\_\_\_







# A GENTLE CLOSING NOTE

If there's one thing I hope you take from these pages, it's this:  
there is no right way to use them.

This pack wasn't created to add more to your to-do list or to turn your home into a perfectly managed system. It's here to support you — gently — in shaping rhythms that feel realistic, grounding, and kind to the life you're already living. Some weeks you might return to these pages often. Other weeks they may sit quietly on a shelf, a clipboard, or a screen — and that's okay too. Homes, families, energy levels, and seasons all shift. The rhythms that support you now may look very different in a few months' time.

Think of this as a living set of pages, not a fixed plan.

## USING THESE PAGES OVER TIME

You don't need to print or use everything at once.

You might choose:

- one section to focus on for a season
- a single page to revisit each week
- or just a few sheets that feel helpful right now

Some people like to keep these pages together in a binder or folder. Others pin the ones they're using to the fridge, keep them on a clipboard, or use them digitally. However you choose to use them is entirely yours.

There's no pressure to fill every space.  
No expectation to "keep up."  
No need to start again if things drift.

Return to these pages whenever life feels a little noisy, rushed, or overwhelming. Let them meet you where you are — not where you think you should be.

## A FINAL REMINDER

This is not about perfection.  
It's not about strict routines or rigid systems.  
It's about creating a home that feels supportive, lived-in, and manageable.  
Small shifts matter. Gentle rhythms add up.  
And doing less — with intention — often brings more ease than trying to do everything.

## STAY IN TOUCH

If you use these pages, I would genuinely love to hear how they fit into your life and home.  
You can reach me at: [hello@ourlittlehouseinthecountry.com](mailto:hello@ourlittlehouseinthecountry.com)  
You'll also find me over on Instagram at: [@ourlittlehouseinthecountry](https://www.instagram.com/ourlittlehouseinthecountry)  
Or you can send a message through the **contact form** on the blog.

Thank you so much for welcoming these pages into your home.  
I hope they bring a little more calm, clarity, and steadiness into your days.

Warmly,  
Ciara  
Our Little House in the Country

