



WEEKLY HOME RHYTHM

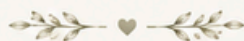
A calm, intentional home creates space for a beautiful life.



WEEK OF: _____

THIS WEEK'S FOCUS

What matters most in my home this week?



INTENTIONS FOR OUR HOME

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____

♥ _____



HOME FEELING I WANT TO CREATE



- ☐ Calm
- ☐ Cozy
- ☐ Peaceful
- ☐ Welcoming
- ☐ Organized
- ☐ Nourishing
- ☐ Joyful
- ☐ Simple
- ☐ _____

OUR WEEKLY RHYTHM ♥

Simple rhythms help our days flow with ease.

	MORNING <i>Set the tone</i>	AFTERNOON <i>Reset & Refocus</i>	EVENING <i>Wind Down</i>	NOTES / REMINDERS
 MON				• • •
 TUE				• • •
 WED				• • •
 THU				• • •
 FRI				• • •
 SAT				• • •
 SUN				• • •

WEEKLY HOME TASKS

Keep our home running smoothly.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



WEEKLY RESET

A little time now, a lighter week ahead.

- ☐ Declutter high-traffic areas
- ☐ Refresh bathrooms
- ☐ Change bed linens
- ☐ Catch up on laundry
- ☐ Plan meals & groceries
- ☐ _____



SELF-CARE FOR ME

*I can care for my home
when I care for myself.*

- ☐ Rest
- ☐ Move my body
- ☐ Eat nourishing food
- ☐ Hydrate
- ☐ Do something I love
- ☐ _____



REFLECTION ♥

What worked well this week? What would I like to adjust next week? _____

