



• THE •  
HOME  
*Companion*

*Practical printables to help  
you create a calm, organised  
and beautiful home.*

INCLUDES:

- Weekly Home Rhythm
- Weekly Home Reset
- Household Chores Guide  
(Daily • Weekly • Monthly  
• Seasonal • Yearly)
- Weekly Meal Planner
- Weekly Grocery  
Shopping List
- Daily Planner
- Gentle Weekly Planner
- Monthly Intentions

*A peaceful  
home is  
a joyful  
home.*





# Weekly Meal Planner



Week : \_\_\_\_\_

MON

BREAKFAST \_\_\_\_\_

LUNCH \_\_\_\_\_

DINNER \_\_\_\_\_

SNACK \_\_\_\_\_

TUE

BREAKFAST \_\_\_\_\_

LUNCH \_\_\_\_\_

DINNER \_\_\_\_\_

SNACK \_\_\_\_\_

REMINDER

WED

BREAKFAST \_\_\_\_\_

LUNCH \_\_\_\_\_

DINNER \_\_\_\_\_

SNACK \_\_\_\_\_

THU

BREAKFAST \_\_\_\_\_

LUNCH \_\_\_\_\_

DINNER \_\_\_\_\_

SNACK \_\_\_\_\_

FRI

BREAKFAST \_\_\_\_\_

LUNCH \_\_\_\_\_

DINNER \_\_\_\_\_

SNACK \_\_\_\_\_

SAT

BREAKFAST \_\_\_\_\_

LUNCH \_\_\_\_\_

DINNER \_\_\_\_\_

SNACK \_\_\_\_\_

SUN

BREAKFAST \_\_\_\_\_

LUNCH \_\_\_\_\_

DINNER \_\_\_\_\_

SNACK \_\_\_\_\_

SHOPPING LIST

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

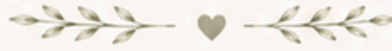




# WEEKLY GROCERY *Shopping List*



WEEK OF: \_\_\_\_\_



S M T W T F S

## MEAL PLAN THIS WEEK

|     |       |
|-----|-------|
| MON | _____ |
| TUE | _____ |
| WED | _____ |
| THU | _____ |
| FRI | _____ |
| SAT | _____ |
| SUN | _____ |



## MEALS I WANT TO MAKE

|   |       |
|---|-------|
| ♥ | _____ |
| ♥ | _____ |
| ♥ | _____ |
| ♥ | _____ |



### PRODUCE



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### DAIRY & EGGS



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### MEAT & SEAFOOD



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### PANTRY STAPLES



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### CANS & JARS



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### BAKING & COOKING



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### SNACKS & DRINKS



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### FROZEN



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| <input type="checkbox"/> | _____ |
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| <input type="checkbox"/> | _____ |



### HOUSEHOLD & CLEANING



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|--------------------------|-------|
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| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

### OTHER / MISCELLANEOUS



|                          |       |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |

DON'T FORGET:

\_\_\_\_\_







# 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?*

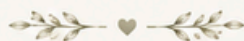
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## INTENTIONS FOR OUR HOME

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_



## 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<br><i>Set the tone</i> | AFTERNOON<br><i>Reset &amp; Refocus</i> | EVENING<br><i>Wind Down</i> | NOTES / REMINDERS |
|-----------------------------------------------------------------------------------------|--------------------------------|-----------------------------------------|-----------------------------|-------------------|
|  MON  |                                |                                         |                             | •<br>•<br>•       |
|  TUE |                                |                                         |                             | •<br>•<br>•       |
|  WED |                                |                                         |                             | •<br>•<br>•       |
|  THU |                                |                                         |                             | •<br>•<br>•       |
|  FRI |                                |                                         |                             | •<br>•<br>•       |
|  SAT |                                |                                         |                             | •<br>•<br>•       |
|  SUN |                                |                                         |                             | •<br>•<br>•       |

## 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?* \_\_\_\_\_

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# WEEKLY HOME RESET

*A fresh week. A calm home. A clear mind.*



WEEK OF: \_\_\_\_\_

## INTENTION FOR THE WEEK

*How do I want my home to feel?*

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## WHAT NEEDS A LITTLE EXTRA LOVE?

*Spaces, routines, or habits to focus on.*

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_



## THIS WEEK, I WILL LET GO OF:

*Clutter, pressure, perfection, comparison.*

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_



## WHOLE HOME RESET CHECKLIST ♥

*Do a little or do it all. Every small reset makes a big difference.*



### DECLUTTER

*Clear the excess*

- ☐ Walk through each room with purpose
- ☐ Let go of what we no longer need
- ☐ Donate or recycle items
- ☐ Clear flat surfaces
- ☐ Organize one small space

Notes: \_\_\_\_\_



### CLEAN

*Refresh & renew*

- ☐ Deep clean high-traffic areas
- ☐ Clean bathrooms
- ☐ Vacuum & mop floors
- ☐ Wipe down surfaces & baseboards
- ☐ Change bed linens

Notes: \_\_\_\_\_



### ORGANIZE

*Create calm & order*

- ☐ Organize drawers & cabinets
- ☐ Tidy closets
- ☐ Create a landing spot for essentials
- ☐ Declutter paperwork
- ☐ Organize pantry or fridge

Notes: \_\_\_\_\_



### REFRESH

*Bring in new energy*

- ☐ Open windows & let in fresh air
- ☐ Wash curtains or throws
- ☐ Add fresh flowers or greenery
- ☐ Light a candle or diffuse oils
- ☐ Play uplifting music

Notes: \_\_\_\_\_



### RESET ROUTINES

*Reset & realign*

- ☐ Review our evening routine
- ☐ Plan simple meals
- ☐ Reset laundry routine
- ☐ Plan for the week ahead
- ☐ Schedule self-care time

Notes: \_\_\_\_\_



## ROOM-BY-ROOM RESET PLAN

*What will I focus on in each space?*

ENTRYWAY \_\_\_\_\_

LIVING ROOM \_\_\_\_\_

KITCHEN \_\_\_\_\_

DINING ROOM \_\_\_\_\_

BEDROOMS \_\_\_\_\_

BATHROOMS \_\_\_\_\_

LAUNDRY ROOM \_\_\_\_\_

OTHER SPACES \_\_\_\_\_



## SMALL TASKS, BIG IMPACT

*Quick wins to make our home feel better this week.*

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_



## TIME TO RESET

*When will I carve out time this week?*

MON \_\_\_\_\_ ⌚ \_\_\_\_\_

TUE \_\_\_\_\_ ⌚ \_\_\_\_\_

WED \_\_\_\_\_ ⌚ \_\_\_\_\_

THU \_\_\_\_\_ ⌚ \_\_\_\_\_

FRI \_\_\_\_\_ ⌚ \_\_\_\_\_

SAT \_\_\_\_\_ ⌚ \_\_\_\_\_

SUN \_\_\_\_\_ ⌚ \_\_\_\_\_

## REWARD & REST

*Rest is part of the reset.*

I will celebrate my efforts by:

\_\_\_\_\_ ♥ \_\_\_\_\_

I will rest by:

\_\_\_\_\_

\_\_\_\_\_



## REFLECTION

*How did this reset make me feel?*

\_\_\_\_\_

\_\_\_\_\_

What worked well?

What will I do differently next week?

\_\_\_\_\_

\_\_\_\_\_



*A reset home creates space for what matters most.*







# HOUSEHOLD CHORES

*A calm home is built through consistent, small efforts.*



## DAILY CHORES

*Small daily habits keep our home running smoothly.*

- ☐ Make beds
- ☐ Wipe kitchen counters
- ☐ Wash dishes or load dishwasher
- ☐ Wipe dining table
- ☐ Sweep kitchen floor
- ☐ Take out trash
- ☐ Spot clean spills & messes
- ☐ Put things back in their place
- ☐ Do a quick declutter
- ☐ Laundry: one load or step
- ☐ Water plants
- ☐ Open windows for fresh air
- ☐ Wipe bathroom counters
- ☐ Clean kitchen sink
- ☐ Fold or put away laundry
- ☐ Tidy living spaces
- ☐ Check & empty trash bins
- ☐ Wipe down appliances
- ☐ Straighten pillows & throws
- ☐ Do a 5-minute tidy
- ☐ Declutter one small area
- ☐ Refill soap, paper towels, etc.
- ☐ Quick floor sweep or vacuum
- ☐ Unclutter entryway
- ☐ Clean up toys/pet items
- ☐ Wipe mirrors & glass
- ☐ Sanitize high-touch areas
- ☐ Put away groceries
- ☐ Prepare for tomorrow
- ☐ Set out clothes for tomorrow
- ☐ Review calendar/reminders
- ☐ Do something kind for someone
- ☐ Enjoy a few minutes of calm



### DAILY REMINDER

*Little by little, a little becomes a lot.*



## WEEKLY CHORES

*A little more time once a week prevents overwhelm.*

### MONDAY

- ☐ Vacuum all floors
- ☐ Mop hard floors
- ☐ Clean bathrooms
- ☐ Change towels
- ☐ Wipe mirrors
- ☐ Laundry: wash
- ☐ Declutter high-traffic areas
- ☐ Sanitize doorknobs
- ☐ Make beds

### TUESDAY

- ☐ Dust all surfaces
- ☐ Clean kitchen (deep)
- ☐ Wipe appliances
- ☐ Clean microwave
- ☐ Organize pantry
- ☐ Check fridge for expired items
- ☐ Water plants
- ☐ Tidy closets/entryway

### WEDNESDAY

- ☐ Laundry: wash & dry
- ☐ Fold & put away
- ☐ Change bed linens
- ☐ Clean windows/mirrors
- ☐ Vacuum furniture
- ☐ Wipe baseboards
- ☐ Declutter one room
- ☐ Sanitize light switches

### THURSDAY

- ☐ Clean out fridge
- ☐ Organize drawers
- ☐ Wipe down cabinets
- ☐ Clean range/stove
- ☐ Mop bathrooms
- ☐ Refill household supplies
- ☐ Pet care: wash bedding
- ☐ Tidy outdoor entry

### FRIDAY

- ☐ Laundry: as needed
- ☐ Spot clean walls/doors
- ☐ Clean under furniture
- ☐ Organize mail/papers
- ☐ Prepare for weekend
- ☐ Declutter surfaces
- ☐ Freshen up pillows/blankets
- ☐ Plan weekly meals

### SATURDAY

- ☐ Outdoor chores
- ☐ Clean patio/deck
- ☐ Yard work
- ☐ Wash car
- ☐ Organize garage
- ☐ Declutter storage areas
- ☐ Sweep porch/entry
- ☐ Family reset & tidy

### SUNDAY

- ☐ Weekly planning
- ☐ Grocery planning
- ☐ Meal prep
- ☐ Relax & reset
- ☐ Review calendar
- ☐ Prep for the week ahead
- ☐ Enjoy time with loved ones
- ☐ Rest & recharge

### WEEKLY TIP

*Choose a rhythm that works for your family and be kind to yourself.*



## MONTHLY CHORES

*A deeper clean keeps our home fresh, functional, and peaceful.*

- ☐ Deep clean bathrooms
- ☐ Clean inside oven
- ☐ Clean inside fridge & freezer
- ☐ Wipe down cabinets
- ☐ Clean baseboards
- ☐ Vacuum mattresses
- ☐ Wash throw blankets
- ☐ Clean dishwasher
- ☐ Check & replace filters
- ☐ Clean washer (run cycle)
- ☐ Deep clean sinks
- ☐ Polish furniture
- ☐ Declutter closets
- ☐ Organize storage spaces
- ☐ Clean curtains/blinds
- ☐ Wash windows (inside)
- ☐ Dust ceiling fans/lights
- ☐ Organize paperwork
- ☐ Check smoke detectors
- ☐ Clean small appliances
- ☐ Sanitize trash bins
- ☐ Review & declutter pantry
- ☐ Donate items we don't use
- ☐ Update household inventory
- ☐ Oil wood furniture
- ☐ Check/replace light bulbs
- ☐ Refresh linens & towels
- ☐ Inspect home maintenance



## SEASONAL CHORES

*Prepare your home with the seasons.*

### SPRING



- ☐ Deep clean windows
- ☐ Wash outside surfaces
- ☐ Clean patio furniture
- ☐ Organize garage/shed
- ☐ Refresh landscaping
- ☐ Clean under/behind furniture
- ☐ Declutter & donate

### SUMMER



- ☐ Clean & check A/C
- ☐ Wash screens
- ☐ Clean grill
- ☐ Inspect outdoor spaces
- ☐ Organize summer gear
- ☐ Deep clean rugs
- ☐ Check for pests

### FALL



- ☐ Clean gutters
- ☐ Check heating system
- ☐ Organize coats/boots
- ☐ Wash blankets/duvets
- ☐ Refresh entryway
- ☐ Deep clean carpets
- ☐ Prep holiday decor storage

### WINTER



- ☐ Check insulation/seals
- ☐ Clean fireplace/chimney
- ☐ Organize holiday storage
- ☐ Declutter indoor spaces
- ☐ Deep clean kitchen
- ☐ Check smoke/CO alarms
- ☐ Plan for new year

## YEARLY CHORES

*Once a year for a well-maintained home.*



- ☐ Deep clean entire home
- ☐ Clean carpets professionally
- ☐ Wash walls/ceilings
- ☐ Service HVAC system
- ☐ Check roof & exterior
- ☐ Clean out/organize attic
- ☐ Clean dryer vent
- ☐ Check plumbing for leaks
- ☐ Review insurance/documents
- ☐ Purge & donate generously
- ☐ Update home maintenance plan
- ☐ Set goals for the year ahead



### A GENTLE REMINDER

*A home is not about perfection—  
it's about creating a space filled with love and care.*



### NOTES

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



PROGRESS, NOT PERFECTION. GRACE, NOT GUILT.







# DAILY PLANNER

DATE:

S M T W T F S



HOW I WANT  
TODAY TO FEEL



“

”

WHAT MATTERS MOST TODAY

GENTLE REMINDER



CARING FOR  
MYSELF TODAY

PLANS FOR TODAY:

| TIME: | EVENT: |
|-------|--------|
|       |        |
|       |        |
|       |        |
|       |        |
|       |        |
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GENTLE  
PRIORITIES:

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WATER INTAKE:



SMALL JOYS TODAY



NOTES & THOUGHTS

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NOTES & THOUGHTS

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TODAY I AM  
GRATEFUL FOR:

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FOR TOMORROW:

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# Gentle Weekly Planner



WEEK OF:

WHAT MATTERS MOST THIS WEEK

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



HOW I WANT THIS WEEK TO FEEL

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THIS WEEK AT A GLANCE

| DAY       | GENTLE PRIORITIES | NOTES |
|-----------|-------------------|-------|
| MONDAY    |                   |       |
| TUESDAY   |                   |       |
| WEDNESDAY |                   |       |
| THURSDAY  |                   |       |
| FRIDAY    |                   |       |
| SATURDAY  |                   |       |
| SUNDAY    |                   |       |



SMALL JOYS & WINS

NOTES & REFLECTIONS





# MONTHLY INTENTIONS

*Living gently, with purpose*



MONTH: \_\_\_\_\_

## THIS MONTH I WANT TO...

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



## THINGS I'M looking forward to

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



## ONE THING I WOULD like to focus on

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



## WAYS I WILL CARE FOR myself this month

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## NOTES & REMINDERS



## GRATEFUL FOR...

Three things I am grateful for right now

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Small steps  
create beautiful  
days.





