

7-DAY GET unstuck

HOME RESET

wannabe 
clutterFREE

Welcome to the 7-Day Get Unstuck Home Reset

This is your one-week plan to rebuild momentum, reset your home, and feel back in control, even if you've been stuck for months (or forever).

This reset is designed for busy, overwhelmed moms who don't have hours a day, but are ready for BIG emotional relief fast.

Every day includes one tiny task (10 minutes or less), one optional "boost," and a mindset shift that keeps you moving.

Don't let the simplicity fool you. This guide packs a mighty punch! It's just the thing you need to get the ball rolling and boost your momentum.

Let's get you unstuck — gently, simply, powerfully.

Cheers!
Deanna

Day 1:

Clear a surface, change the energy

Your 10-Minute Task

Step 1: Choose ONE surface you see daily (kitchen counter, entry table, nightstand).

Step 2: Clear it completely. Wipe it down. Put back only what belongs there.

Write down the ONE surface you are focusing on today

Why this works:

A single clear surface creates instant visual calm and rebuilds self-trust.

Optional Boost:

Light a candle or turn on music when you are done. Let this calm ritual “mark the moment.”

What will you do to “mark the moment”?

Mindset shift for today:

“One clear space is enough to start a chain reaction.”

Day 2:

10-Minute Tidy That Changes It All

Your 10-Minute Task

Set a timer + move quickly through the main living area(s) of your home. Gather things that belong elsewhere and put them back. Don't aim for perfect, just done).

Which rooms do you consider your main living area(s)?

Why this works:

You create visible progress without overthinking, and it resets your brain's "I can do this" belief.

Optional Boost:

Do this with your partner or kids and turn it into a race. Put on a fun song and get everyone moving.

What song(s) are your family favorites right now?

Mindset shift for today:

"Done fast is better than perfect and undone."

Day 3:

Declutter Your Drop Zone

Your 10-Minute Task

Step 1: Choose your biggest “landing spot”. Popular places include the entryway, kitchen island, dining table, a specific corner, or a chair.

Step 2: Clear anything that doesn't belong + rehome it.

Where is your biggest landing zone?

Why this works:

Drop zones create 80% of daily overwhelm. When you reset one, the whole house feels lighter.

Optional Boost:

Add a basket, bin, tray, or box to corral items in your landing zone.

What can you add to the space to keep things more organized?

Mindset shift for today:

“Clutter attracts clutter. Calm attracts calm.”

Day 4:

Do a One-Category Sweep

Your 10-Minute Task

Pick ONE small category and remove 5–10 things:

- expired food
- old papers
- kids' art
- pens/markers
- lotions/makeup
- socks with no match
- broken toys
- utensils

What small category will you focus on today?

Why this works:

Category decluttering builds momentum without mess.

Optional Boost:

Do two categories or as many as you can fit into a 10-minute sprint.

Mindset shift for today:

“I don't need to declutter everything. I just need to declutter something.”

Day 5:

Create a Home for a Problem Item

Your 10-Minute Task

Think of something that constantly floats around with no home (chargers, hair ties, water bottles, remotes, dog leashes, etc.).

Create a permanent “first place you’d look.”

What are you going to create a home for?

Why this works:

Every orphan item you “house” permanently saves HOURS of decision fatigue over time.

Optional Boost:

Take it up a notch, but labelling the items new home so you (and everyone else) remembers where it goes.

Mindset shift for today:

“Every item I give a home to gives me a little more peace.”

Day 6:

Laundry or Dishes Reset

Your 10-Minute Task

Choose the task that drains you most:

- start AND finish one load of laundry
- empty AND refill the dishwasher
- hand wash what's in the sink

Which task are you going to commit to?

Why this works:

Laundry + dishes are “core burdens” that make your whole house feel messy even when it's not.

Optional Boost:

Do a second load, wash a few extras, or do another task on the list above.

Mindset shift for today:

“Small resets prevent big overwhelm.”

Day 7:

Make Next Week Easier (Prep Something Small)

Your 10-Minute Task

Prep one thing that makes next week smoother:

- refill snack bins
- prep school outfits
- restock bathroom items
- set out workout clothes
- tidy/purge your purse or work bag

What will you prep to make next week easier?

Why this works:

Future You becomes easier to support when Present You does one tiny thing ahead of time.

Optional Boost:

Write down 3 things that made this week easier.

Mindset shift for today:

“I can create ease on purpose.”

Congrats!

You're Not Stuck Anymore

Now that you've done it, it's time to celebrate.

Take a photo of one win from this week.

Look at it.

That's your proof.

You don't need a lot of time to declutter and tidy, you just need momentum. And now, because of your quick wins this week, you have it.

You've restarted.

You're moving again.

You did it.

And I am so proud of you!!

I can't wait to see what you do next.

Cheers!
Deanna