



# The Soft Hustle Reset Checklist

Create a peaceful, clean space with rituals that support your energy and flow.

## Morning Micro Reset (3-5 minutes)

- ☐ Wipe down primary surface (desk, counter, table)
- ☐ Open a window or light a candle/incense
- ☐ Do a 1-minute visual tidy (visible clutter only)
- ☐ Play calming or motivating music
- ☐ Say your affirmation: "This space holds and supports me today."

## Daily Soft Resets (2-10 minutes per moment)

- ☐ After Meals - Rinse/load dishes, wipe counters, take out trash if full
- ☐ After Work - Clear your workspace, shut down electronics, prep for tomorrow
- ☐ Before Bed - Quick scan, fluff pillows, plug in devices, prep lighting

## Weekly Sanctuary Reset (30-60 minutes, once per week)

- ☐ Deep clean one high-touch zone (bathroom, kitchen, or desk)
- ☐ Change bed linens or refresh soft items (blankets, throws)
- ☐ Water plants or refresh fresh elements
- ☐ Refill candles, sprays, or essential oils
- ☐ Restock self-care and cleaning supplies
- ☐ Journal or reflect: What did my space teach me this week?

## Monthly Energy Cleanse (Optional but powerful)

- ☐ Schedule or book a professional cleaning
- ☐ Declutter 1 drawer, bag, or hidden spot



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- ☐ Smudge or spray to clear stagnant energy
- ☐ Rotate art or decor to reset visual energy
- ☐ Revisit your goals and align your environment to them

## **Bonus Affirmations (Choose 1 each week)**

- ☐ My space is a mirror of how I honor myself.
- ☐ I deserve beauty, order, and ease.
- ☐ Peace is not a luxury - it's a strategy.
- ☐ Every small reset is a big act of self-respect.