

RESET YOUR PHYSICAL SPACE

The no-aesthetic, all-action guide to finally getting your home together.

PHASE ONE — MILITARY-STYLE DECLUTTERING

This is the purge. Be ruthless. If it's broken, outdated, collecting dust, or draining your energy—out it goes. The goal isn't perfection; it's relief.

PHASE TWO — PRACTICAL ORGANIZATION

What's left has to earn its spot. Forget the Pinterest bins—you're organizing for your real life, not a photo. Everything should be easy to grab, easy to put back, and make sense for you.

PHASE THREE — TOP-TO-BOTTOM CLEANING

Reset mode. Ceiling fans, shelves, baseboards, all of it. Work your way down so when you're done, you can actually feel the clean—not just see it.

PHASE FOUR — GET SPECIFIC ABOUT CLEANING

I literally have to write it out—clean counters, wipe baseboards, vacuum corners, dust TV stand. My brain needs a checklist to stay on track, so I give it one.

PHASE FIVE — WEEKLY CLEANING SCHEDULE

Structure keeps me sane. I assign days: laundry, reset, deep clean, rest. It doesn't have to be perfect—just consistent. Consistency beats motivation every time.

Most important — after all this, I'm careful about what comes through my door. If it doesn't serve my peace, it doesn't stay. I worked too hard to create this space—I'm not starting over again.

Bright Bold Smart ♦ Organized Living