

# Spring Reset Checklist

A simple reset to help your space feel clear, calm, and intentional again.

## Start Here

- Take the Find Your Mood quiz
- Start with one space

## Clear the Space

- Reset one surface
- Remove out-of-place items
- Create a simple keep / move / unsure system

## Shift the Light

- Turn off overhead lighting
- Turn on one lamp
- Let the room settle

## Anchor the Room

- Reset one main area
- Add one intentional detail

## Reduce the Noise

- Leave one space empty
- Remove extra decor
- Keep only what supports the mood

