

# The One Cupboard Reset



No buying.

No perfection.

Just relief.

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FOR THE CUPBOARD THAT QUIETLY RAISES YOUR STRESS

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# Introduction

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## START SMALL. ON PURPOSE.

This guide is for the cupboard that quietly raises your stress every day. If time is limited and energy is stretched, starting small is not avoidance - it's strategy.

What this guide will help you do:

- ✓ Identify common struggles and how to overcome them
- ✓ Help you choose the right cupboard to start with
- ✓ Walk you through a 15 - 30 minute reset
- ✓ Reduce daily friction immediately

You don't need a full home reset to feel better.

**You need one space that works.**



# Common struggles...

## AND HOW TO OVERCOME THEM

### What you experience

- Limited time after work
- Carrying the full mental load alone
- Feeling judged by hidden clutter
- Believing organisation requires money or perfection

*If this feels hard, you're not alone.*

## HOW TO OVERCOME THEM

It helps to look at different approaches to organisation.

By choosing one small space and applying clear structure, you create relief without overwhelm.

This approach respects:

- Real schedules
- Real energy
- Real homes

Small systems create momentum - not pressure.

*Calm doesn't come from doing more. It comes from doing less - on purpose.*



# The Reset Rules

## BEFORE YOU BEGIN

Remind yourself of the guidelines to follow when you need a cupboard reset:

### Rules

- No buying required
- No decanting required
- No perfection expected
- Stop when the timer ends
- If one cupboard feel like too much - start with one shelf

*This is a **light reset**, not a deep declutter.*



# The One Cupboard Reset

SET A TIMER (15 - 30MIN)

## Step 1

### CHOOSE THE RIGHT CUPBOARD

Pick the cupboard/shelf that:

- Annoys you the most
- You open multiple times a day
- Causes items to fall or jam

## Step 2

### CLEAR WITH INTENTION

- Remove everything
- Wipe the space
- Only put back what is used weekly or daily

## Step 3

### GROUP BY REAL LIFE

- What gets used together?
- What causes the most mess?
- What needs to be visible?

## Step 4

### SHELF SPACING CHEAT SHEET

- Stacked items need air
- Leave vertical breathing room
- Avoid double stacking where possible



# Worksheet

## YOUR CUPBOARD PLAN

● Name of cupboard:

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● Items used daily:

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● Items used weekly:

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● Items to remove:

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### Quick Checklist

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- ☐ Shelf height adjusted
- ☐ Items grouped logically
- ☐ No stacking frustration
- ☐ Easy to maintain
- ☐ Nothing falls out
- ☐ Everything has one clear home
- ☐ You can find what you need in 5 seconds

### Gentle Reminder

*If it works for you, it works.*



# Closing Encouragement Page:

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## A KIND REMINDER

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### REMEMBER:

Keep it working:

- ✓ 5 minute weekly check
- ✓ Reset before restocking
- ✓ Adjust as routines change
- ✓ No perfection required.

Systems should adapt to your life - not the other way around. Struggling with one cupboard does not mean you're failing. It means life is full. Small, structured plans are how calm is rebuilt - one space at a time.

You are capable. You are present. You are enough.  
Your cupboard reset journey is about care, not perfection.  
Take it one gentle step at a time.

