

Basic Checklist – Calm, Clean & Rhythm

Daily mini check (5-10 minutes)

- Clear the kitchen counter
- Clear the table
- Put items back in their designated place
- Empty one basket

Weekly checklist (choose 2-3 tasks)

- Sort mail & paperwork
- Review one drawer or shelf
- Fold and put away laundry
- Quick bathroom reset
- Care for plants (a calming ritual)

Monthly “letting go” check

- Donate or discard 5 items
- Remove clothes you no longer wear
- Get rid of broken or duplicate items
- Reassess décor: does it add calm?

Too much stuff? Start here

- Flat surfaces (table, kitchen counter, sideboard)
- The hallway (first impression = mental calm)
- The sofa and coffee table
- Bathroom sink

The rhythm

- A 5-minute reset every evening
- One clutter basket per floor (maximum)
- Every new item replaces an old one

Japandi is not a strict system, but a gentle rhythm.

You don't have to do it perfectly. You just have to begin — today, with one place.