

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.