



60 MINUTES TO LET GO

The Less & Home Reset

A simple guided reset to help you declutter
your home without overthinking or feeling
overwhelmed

BY LESS & HOME

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W E L C O M E

Hi There!

This is not about becoming minimal overnight.
And it is not about having a perfect home.

This is a simple guided reset to help you clear space,
reduce clutter, and feel lighter in your home without
overthinking or feeling overwhelmed.

You don't need motivation.
You don't need to feel ready.
You just need 60 minutes.

— Less & Home

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ABOUT ME

I help busy people create calmer, more organised homes through simple systems and realistic organisation ideas.

Through Less & Home, I share practical tips, storage solutions and decluttering inspiration that actually work in everyday life.



WHAT YOU'LL NEED

BEFORE YOU START

You only need a few simple things:

- A timer
- A donation bag or box
- A bin bag
- A “Maybe” box for items you're not ready to decide on
- Water, coffee, or your favourite drink
- 60 uninterrupted minutes

Optional:

- Music
- Cleaning cloth

Choose ONE space only.

One drawer.

One shelf.

One cabinet.

One category.

The goal **is not to finish** everything.

The goal **is to start**.

A gentle reminder before you begin:

A cluttered space doesn't mean you have failed. It simply means life has happened. **This hour** isn't about judging your past choices. It is about **creating more space** for the life you are **living now**.

HOW THIS RESET WORKS

HOW TO USE THIS GUIDE

Follow this reset without overthinking.

Set a timer and trust the process.

Try not to:

- analyse every item for too long
- aim for perfection
- reorganise your entire home

Focus on **progress**, not perfection.

If something no longer supports your current life, you are allowed to let it go.

The goal isn't to make the perfect decision. The goal is to make enough honest decisions to create movement. You can always change your mind later. **Keeping everything because you are unsure keeps you stuck today.**

THE RESET PLAN



THE 60-MINUTE RESET

0-10 MINUTES

Choose one small space:

- Drawer
- Shelf
- Wardrobe section
- Kitchen cupboard

Take everything out. And yes, everything.

This helps you properly see:

- what you actually have
- what you really use
- what has been forgotten at the back

Seeing everything clearly **makes decisions easier.**

DECISION TIME

10–30 MINUTES

Start making quick decisions.

Ask yourself:

- Does this match my life today?
- Would I buy this again?
- Have I used this in the last year?
- Am I keeping this out of guilt?
- Do I actually like this?

You don't need a perfect reason to let something go.

When you **feel stuck**, remember:

You aren't choosing between keeping something and losing something. **You are choosing between carrying it forward or making space for something else.** Your home has limited space. Choose what deserves to live there.

“Clutter is nothing more than postponed decisions.”

— *BARBARA HEMPHILL*

SORTING

30–50 MINUTES

Now it's time to sort everything into simple categories. Keep your decisions quick and trust your first instinct.

KEEP

Items you use regularly, genuinely need, or truly enjoy having in your home. If something supports your current lifestyle, it deserves a place.

LET GO

Split this into groups:

- Donate

Items in good condition that someone else could use and enjoy.

- Trash / Bin

Broken, damaged, expired, or unusable items that have reached the end of their life.

Letting go creates space, not waste.

MAYBE

Items you aren't ready to decide on yet. Try to keep this box small and temporary. **A large "maybe" pile often means delayed decisions rather than difficult ones.** Place these items in a box, label it with today's date, and put it out of sight. Revisit within 1–3 months and make a final decision.

RESET THE SPACE



50-60 MINUTES

As you put things back, remember:

- ✓ Give every item a clear home.
- ✓ Keep frequently used items easy to reach.
- ✓ Keep the setup simple.
- ✓ Use organisers only if they genuinely support your daily routine.
- ✓ Leave a little empty space. Not every shelf or drawer needs to be full.

Organisation isn't about fitting more into a space. It's about making your home easier to live in.

Letting go can feel emotional sometimes, that is completely normal.

Letting go isn't always about the item.

Sometimes it's about guilt.

Sometimes it's about money.

Sometimes it's about memories.

Sometimes it's about the version of yourself you're ready to leave behind.

Take a moment and read these reminders:

- I'm allowed to let this go.
- Memories don't live in objects.
- Keeping everything won't change my past.
- This version of me doesn't need this anymore.
- Making space is an act of caring for myself and my home.

Your home should support who you are today, not who you used to be.

QUICK WINS

DON'T KNOW WHERE TO START?

Start with the easiest decisions first. Quick wins build confidence, reduce overwhelm, and make every next decision feel easier.

LOOK FOR:

- Expired food, toiletries, and medicine
- Broken or damaged items
- Duplicates (mugs, scissors, notebooks, kitchen tools)
- Clothes you haven't worn in over a year
- Random cords, chargers, and cables with no matching device
- Things you're keeping "just in case" or "for someday" that make you think, "I should probably get rid of this."

The easiest items to let go of are often the best place to begin.



AFTER THE RESET

WHAT TO DO NEXT

Once your space feels lighter:

- Avoid buying replacement items immediately.
- Notice what you actually use before bringing new things into your home.
- Reset small spaces regularly instead of waiting for clutter to build up again.
- Focus on maintaining your space, not creating perfection.

Take a moment to appreciate the space you've created.

Remember, everyone declutters at a different pace. Some spaces may take less than an hour, while others may need more time.

The goal isn't to rush. The goal is to make thoughtful decisions and create a home that feels lighter and easier to live in.

"Have nothing in your houses that you do not know to be useful, or believe to be beautiful."

— *WILLIAM MORRIS*

FINAL PAGE



Thank you!

Thank you for completing this reset with me.

Today you made space. Not just in your home, but in your everyday life. Be proud of the decisions you made, no matter how small they felt.

Keep going.

A calmer home is built one choice at a time.

Less clutter.

Less overwhelm.

More space for real life.

— Less & Home