

Calm Home Habits



DAILY HABITS TO KEEP HOME CALM

Simple daily habits and systems to organize
your home, clear the clutter, and create
a space that feels peaceful and serene.



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A NOTE BEFORE YOU BEGIN

This guide is for *real homes.*

Not magazine homes. Not perfectly curated spaces with matching bins and color-coordinated shelves. Real homes where kids leave their shoes by the door, where the kitchen counter becomes a landing zone for everything, and where the closet hasn't been fully organized since you moved in.



This guide is for the mom who is done managing the chaos but doesn't know where to start. For the mom who has tried the big Saturday overhaul, only to find the same spaces in disarray two weeks later.



Here is the truth: an organized home is not a finished home. It is a home that is always gently improving one small space, one small habit, one small decision at a time.



The 25 tips in this guide are organized by room and by mindset. You don't have to read them all at once. Pick the section that calls to you most today. Do one quick win. Notice how it feels. Then come back tomorrow.



That is how the journey starts. Not with a perfect plan but with a single step.

Kind Regards,

**Space & Home
Organizing Solutions**



Daily Organizing Habits

TIPS 1 - 5

1

1



The 15-minute Evening Reset

Every evening, do one loop of your home for 15 minutes, surfaces cleared, shoes put away tomorrow prepped. This single habit prevents 80% of the chaos before it starts. Set a timer. Make it non-negotiable.

2



One in, one out, always

EVERYTIME something new comes into your home, one thing leaves. No exceptions. This makes a huge difference to keep your home under control.

3



Never leave a room empty-handed

Before you leave any room, pick up one thing that doesn't belong there and return it on your way. It becomes completely automatic within a week and requires almost no effort.

4



Everything gets a home, every time

If something doesn't have a designated spot, it will always end up as clutter. Before you set something down, Ask: does this have a home? If not, assign one right now, not later.

5



Do it now if it takes under 2 minutes

Hang the coat. Wipe the counter. Return the scissors. The 2-minute rule eliminates the small pile-ups that become the big ones. If it takes less than 2 minutes, do it immediately.



TODAY'S QUICK WIN

Set a 15-minute timer tonight and do one full loop of your home. Don't organize, just return things to where they belong. Notice how different the space feels when you wake up tomorrow.



The Entryway

TIPS 6 – 9

2

6



Create a landing zone for every family member

Hooks, a shelf, or a bin one per person. Backpacks, coats, and shoes have one place and only one place. The system only works when every family member knows exactly where their things live.

7



A basket for tomorrow's to-dos

Permission slips, library books, items to return, one basket by the door. Every evening, everyone checks the basket and loads what they need for tomorrow. Nothing gets forgotten.

8



Keep surfaces clear as a non-negotiable rule

The entry way surface is not a drop zone. Anything left there at the end of the day goes directly to where it belongs. Enforce this consistently for two weeks and it becomes the family's default behavior.

9



Shoes off at the door storage within reach

If shoes have to travel far to be stored, they won't be. A low bench with cubbies or a simple shoe rack right at the entrance makes the rule easy for even the youngest family members to follow.



TODAY'S QUICK WIN

Clear your entryway surface completely today. Put the items that don't belong in the entryway back to their rightful home. Then put one hook or basket within arm's reach of the door.



The Kitchen

TIPS 10 - 14



3

10



Organize by frequency, not by category

The things you use daily go at eye level, within easy reach. Things used weekly go to mid-level storage. Rarely used items go high up or deep in cabinets. Stop organizing by what it is and start organizing by how often you actually need it.

11



The counter is for working, not for storing

Every appliance, paper, and item living on your counter should earn its place. If you don't use it daily, it belongs in a cabinet. Clear counters make cooking faster, cleanup easier, and the whole kitchen feel larger.

12



Designate one clear meal prep zone

One clear stretch of counter, one drawer with your most-used tools right below it. Knowing exactly where everything is for meal prep removes friction and makes the end-of-day cooking stretch far less exhausting.

13



The junk drawer gets one drawer maximum

Every home has one and that is completely fine. But contain it to exactly one drawer. Go through it every three months. If you haven't needed something in six months, it's time for it to leave.

14



Clean as you go always

While something simmers, wipe the counter. While water boils, load the dishwasher. The kitchen resets itself when you treat cooking and cleaning as one continuous act rather than two separate events.



TODAY'S QUICK WIN

Find spaces for items on your counters and remove the items that you don't use on a daily basis. Stand back and see how the space looks and feels. That feeling is your goal state.



The Closet

Calmer mornings begin the nightbefore in here

TIPS 15 – 18



4

15



Dress who you are now, not who you were

If fit doesn't fit your body, your current lifestyle, or this season of your life, it really should go. Closets filled with 'someday' clothes create daily guilt every time you open the door. Keep only what you actually wear and genuinely love.

16



Organize by category, then by color within each

All tops together, all bottoms together, all dresses together, then arranged by color within each group. You will see instantly what you have, what you are missing, and what you never actually reach for.

17



Face your shoes outward always

You only wear what you can see. Shoes stored in boxes or turned toward the wall get forgotten entirely. Display them facing outward even on a basic shelf, clear box or its actual shoe box it came in, with a picture. This simple change transforms how much of your wardrobe you actually use.

18



The backwards hanger trick for editing your wardrobe

Turn all hangers backward today. As you wear and return items, flip the hanger to face forward. After 60 days, every item with a backward hanger has not been worn and almost certainly does not need to stay.



TODAY'S QUICK WIN

Pull out five items you have not worn in the past six months and put them in a bag by the door to donate. Just five. That small act of letting go builds the muscle you will need for the full Closet Journey.



Kids' Spaces

Fewer things, simpler systems, more independent kids

TIPS 19 – 22



5

19



Less is always more in kids' spaces

Children play more creatively and more deeply with fewer toys. Rotate toys seasonally half in storage, half accessible. The toys in rotation always feel new and receive significantly more engaged play.

20



Low and reachable without exception

If kids cannot reach their belongings independently, they cannot put them away independently. Store their things at their height. The rule 'you get it, you put it back' only holds when the system makes that physically possible for them.

21



Picture labels, not just word labels

For young children, picture labels on bins and drawers remove all the guesswork. They know exactly where the blocks go, where the art supplies live, where the books belong. The system becomes genuinely self-maintaining.

22



The keep, donate, trash habit starting at age four

Include your children in seasonal editing sessions. Ask them which toys they still love, which ones they have outgrown, which ones could make another child happy. You are not just clearing space, you are building a life skill.



TODAY'S QUICK WIN

Choose one bin or shelf in your child's room and clear it completely together. Involve them in deciding what goes back. Even this one small space done together teaches them that organizing is something they do not something that happens to their stuff.



Continue Your Organizing Journey

YOU'VE GOT THIS. AND WE'VE GOT YOU.



Your home doesn't need perfection.

It needs systems that support your life.

You've already taken the first step by creating calmer spaces, simpler routines, and better habits inside your home.



NOW IT'S TIME TO GO DEEPER.



The Closet Journey

A GUIDED NEXT STEP TO HELP YOU:

- ✓ Simplify your wardrobe
- ✓ Create calmer mornings
- ✓ Let go of clutter with confidence
- ✓ Build a closet you actually love opening every day



Because an organized closet changes more than your clothes.

It changes how your entire day feels.



Continue here:

CONTINUE THE JOURNEY →

www.space-homeorganizing.com/the-closet-journey



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