

Calm Kitchen Reset Checklist

A simple guide to help you maintain a calm, clear kitchen.

Daily Reset (10-20 minutes)

A light reset to finish the day.

	Clear and wipe bench tops, splash back + other spills, splatters and drips
	Wash, dry, and put away dishes
	Put non-kitchen items back in their place
	What little touch can you add or subtract?
	Light a candle or fragrance oil burner while cooking or when you relax with a final tea or warm milk in the evening

Weekly Reset (30-40 minutes)

A refresh to keep things manageable.

	Clear and wipe bench tops, splash back + other spills, splatters and drips
	Remove unused or expired food from the fridge, wipe out and neatly repack + and clean fridge handles!
	Return misplaced items that have accumulated in your kitchen back to their place
	Sweep and mop floors
	Water plants or fill a fresh vase with flowers

Monthly reset (60-90 minutes) Reminder

	Clear and wipe bench tops, splash back + wipe out the microwave
	Empty and wipe out one or two cupboards or drawers. Let go of duplicates, items that don't work well, or items you no longer use!
	Wipe the front of all cupboards, drawers, the oven, microwave, and dishwasher + the range hood
	Deep clean one thing - hanging lights, the kitchen hood filter, freezer, the ceiling...
	Notice what feels good and what small changes or bigger ones you might like to make!
	Check out cosy, calm, kitchen inspiration on pinterest!

You don't need to do everything at once. A calm kitchen is created through steady, repetitive steps.

Remember to enjoy cooking, taking a break, and having company in your kitchen!

For more simple routines and calm living ideas,
follow along on Pinterest

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