

The Calm Home Checklist

Bring calm and clarity to your household routine



Morning Essentials

Start the day in sync

- Review today's shared family calendar
- Check the shopping list for today's needs
- Assign household tasks for the day
- Set meal plan intentions



Weekly Rhythm

Keep the household in flow

- Complete household task sweep (assign & finish recurring chores)
- Sync schedules for the week ahead
- Update the shopping list and plan meals
- Review upcoming birthdays or events



Monthly Reset

Reflect, refresh, reset

- Review and refresh household routines
- Declutter one room or area
- Check in on household goals and progress

✦ CLARITY HOME PRINCIPLES

1

One household hub — everything in one place

2

Everyone contributes — tasks are shared, not siloed

3

Progress over perfection — small steps build lasting calm

Free to print & share

Track tasks, lists & schedules as a family — all in one app.

Download Clarity Home free

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