



A LITTLE LIGHT Teen Room Reset™ CHEAT SHEET

You don't have to
do it all.
Make it **easier**,
NOT perfect. 

BEDROOM RESET

Start small. Make it yours.



- ☐ Clear a safe path from the door to your bed.
- ☐ Make enough space on your bed to sleep.
- ☐ Put dirty laundry in one basket or spot.
- ☐ Put obvious garbage in one bag.
- ☐ Return dishes/cups to the kitchen.
- ☐ Create one easy spot for things you use every day.
- ☐ Stop there if that's enough for today.



Keep



Elsewhere



Not Ready Yet

STORAGE + OVERFLOW

Contain first, organize later.



- ☐ Keep the entrance and pathway accessible.
- ☐ Remove obvious garbage when convenient.
- ☐ Avoid pulling everything out at once.
- ☐ Place loose items into temporary containers.
- ☐ Label containers broadly if helpful.
- ☐ Leave sentimental or complicated items alone for now.
- ☐ Save major sorting and organizing for when you have more capacity.

BATHROOM RESET

Make daily routines easier.



- ☐ Throw away obvious garbage.
- ☐ Place dirty towels/clothing in the laundry.
- ☐ Gather everyday toiletries together.
- ☐ Keep what you use most easy to reach.
- ☐ Put rarely used items together for later.
- ☐ Check expired products only if you have the energy.
- ☐ Leave detailed organizing for later.



Morning Zone



Evening Zone

FOR PARENTS/CAREGIVERS



Support doesn't always mean stepping in.
Offer choice, NOT pressure.

- Would you like help, company, or space?
- Want me to sit with you while you work on this?
- Would you rather do five minutes today or leave it for another day?
- Let's celebrate the small wins.



Connection comes before clutter.

The 5-Minute Reset

On a day you have little energy.

Set a timer for 5 minutes and
pick ONE tiny task.

Ideas:

- Collect garbage
- Gather laundry
- Clear one surface
- Put away five things
- Clear the floor beside your bed



When the timer
ends, you're
DONE.
Anything more is
a **bonus**!

IT'S OKAY TO...

- Keep something others don't understand.
- Let go of something you thought you would keep forever.
- Have an "I don't know" pile.
- Organize differently than others.
- Ask someone to sit with you and take breaks.
- Stop halfway through.
- Have a messy room during a hard time.
- Come back to organizing when you're ready!



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