



The Calm Home Reset

A practical 30-day room-by-room system to declutter, organise and keep your home working

SUTTON FAIRCHILD | HOME SYSTEMS FOR REAL LIFE

ABOUT THIS EDITION

A clear, practical guide for personal use

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This publication provides general educational information about home organisation. It is not professional, medical, legal, safety, building or waste-disposal advice. Follow manufacturer instructions and applicable local guidance, and seek suitable professional help where needed.

File details

PDF format designed for A4 printing and comfortable on-screen reading. English language. Standard PDF reader required. Interactive form fields are not included; worksheets are designed for printing or annotation in a compatible PDF app.

Contents

Introduction: Reset the system, not the people

MODULE 1	Start with a system
01	Define your calmer home
02	Use the four-choice edit
03	Set your 30-day rhythm
MODULE 2	Clear the pressure points
04	Build an entryway that catches the day
05	Reset the kitchen around actions
06	Make shared rooms easy to restore
MODULE 3	Make private rooms work
07	Edit the wardrobe for real life
08	Simplify bathroom and linen storage
09	Control paperwork and digital clutter
MODULE 4	Build storage that stays
10	Measure before you buy
11	Give every category a home
12	Use labels and household handoffs
MODULE 5	Keep the calm
13	Run the ten-minute close
14	Review weekly and edit seasonally
15	Recover after a busy week

30-day action plan and printable tools

INTRODUCTION

Reset the system, not the people

This guide is for a home that is lived in. It assumes meals happen, post arrives, laundry cycles, work changes shape and people sometimes put things down in the nearest available place. The aim is not permanent stillness. The aim is a home that supports those movements and can return to a useful baseline without a major project.

You will work in short, closed sessions. Each session has a defined category, a visible finish and an exit route for items leaving the home. You will edit before buying storage, choose homes at the point of use and test every system against the effort required to maintain it.

The 30-day structure is a suggested sequence, not a test. If health, work, caring responsibilities or ordinary life interrupt the plan, use the recovery method in Chapter 15 and continue from the next useful action. Progress remains progress even when it is not linear.

The three operating rules

1. Finish a small category before opening another. 2. Edit before buying storage. 3. Give everything leaving the home a date and destination.

Your quick start

- 1 Read Chapters 1 to 3 and complete the Calm Home Brief in the Print Pack.
- 2 Choose one daily pressure point that can be improved in 45 minutes or less.
- 3 Prepare four containers: Keep Here, Relocate, Release and Decide Later.
- 4 Book the first three sessions and one removal run in your calendar.
- 5 Take a private reference photo and record one functional measure.

What this guide does not ask you to do

- Buy a full set of matching organisers before you understand the category.
- Empty an entire room at once or live around unfinished piles.
- Discard useful or meaningful belongings to meet someone else's visual standard.
- Maintain a routine that requires more time than it returns.

A practical note

This guide provides general home-organisation information. Adapt any lifting, storage, disposal or access task to your home, mobility and local rules. Follow product instructions and use suitable professional help where a task involves safety, wiring, plumbing, hazardous waste or structural work.

MODULE 1

Start with a system

Choose what matters, reduce decision fatigue and build a reset rhythm that fits real life.

- 01** Define your calmer home
- 02** Use the four-choice edit
- 03** Set your 30-day rhythm

Define your calmer home

SESSION	OUTCOME
25 minutes	A short, practical brief for how your home needs to work.

A calm home is not an empty home. It is a home where the things you use are easy to find, easy to return and proportionate to the space you have. Before touching a cupboard, decide what better will look like for you. Otherwise, tidying becomes a series of disconnected jobs with no finish line.

Start with function rather than appearance. A hallway may need to make leaving on time easier. A kitchen may need clear preparation space. A bedroom may need a quieter visual field at night. These are useful outcomes because you can test them. They do not require anyone else's standard of perfection.

Run the pressure-point scan

- 1 Walk through the home once without moving anything. Note the five places where objects repeatedly collect, where you lose time or where a routine stalls.
- 2 For each place, write one observable friction point. Use plain language: 'post has no landing place' is more useful than 'the hall is a mess'.
- 3 Circle the two pressure points that affect the most days or the most people. They become your first targets.

Write a one-sentence brief

- 1 Complete this sentence: 'I want our home to make it easier to...' Keep the answer specific enough to guide a decision.
- 2 Add three words for the feeling you want in the space. Examples: clear, welcoming, ready; or practical, warm, simple.
- 3 Choose one boundary. For example: no buying storage until the edit is complete, or no project should block a room overnight.

Choose useful measures

- 1 Pick two measures that show progress: clear worktop length, minutes to leave the house, number of unfiled papers, or how many categories have a fixed home.
- 2 Take two private reference photos. They are evidence for you, not material for comparison or social media.

Completion checkpoint

Can everyone in the household explain what the first reset is meant to make easier?

Common snag

Do not begin with the room that looks worst. Begin with the friction point whose improvement will be felt most often.