

January Reset Routine – Simple Habits Checklist

Use this printable checklist to gently reset your life this January. You don't need to do everything at once — small steps add up. Check off what you complete and revisit this list anytime you need a refresh.

- ■ Do a 1-hour home refresh
- ■ Put away holiday décor
- ■ Change bedsheets and freshen the space
- ■ Declutter one small area (drawer, bag, desk)
- ■ Delete unused apps and old photos
- ■ Unsubscribe from unnecessary emails
- ■ Organize phone and desktop files
- ■ Drink water first thing every morning
- ■ Add a short daily stretch or walk
- ■ Write 3 lines in a journal
- ■ Choose one health habit to focus on
- ■ Plan simple balanced meals
- ■ Review subscriptions and spending
- ■ Set one financial goal for the year
- ■ Upgrade one area of your home
- ■ Create or update a vision board
- ■ Set 3–5 intentions for the year
- ■ Write a January bucket list
- ■ Plan a weekly reset day
- ■ Prepare a simple weekly routine
- ■ Schedule rest and self-care time
- ■ Create a calm morning ritual
- ■ Declutter digital and physical spaces
- ■ Reflect on what you want more of this year
- ■ Celebrate small wins

Fresh starts don't need to be dramatic. Come back to this checklist whenever life feels messy. Your January reset is always waiting for you.