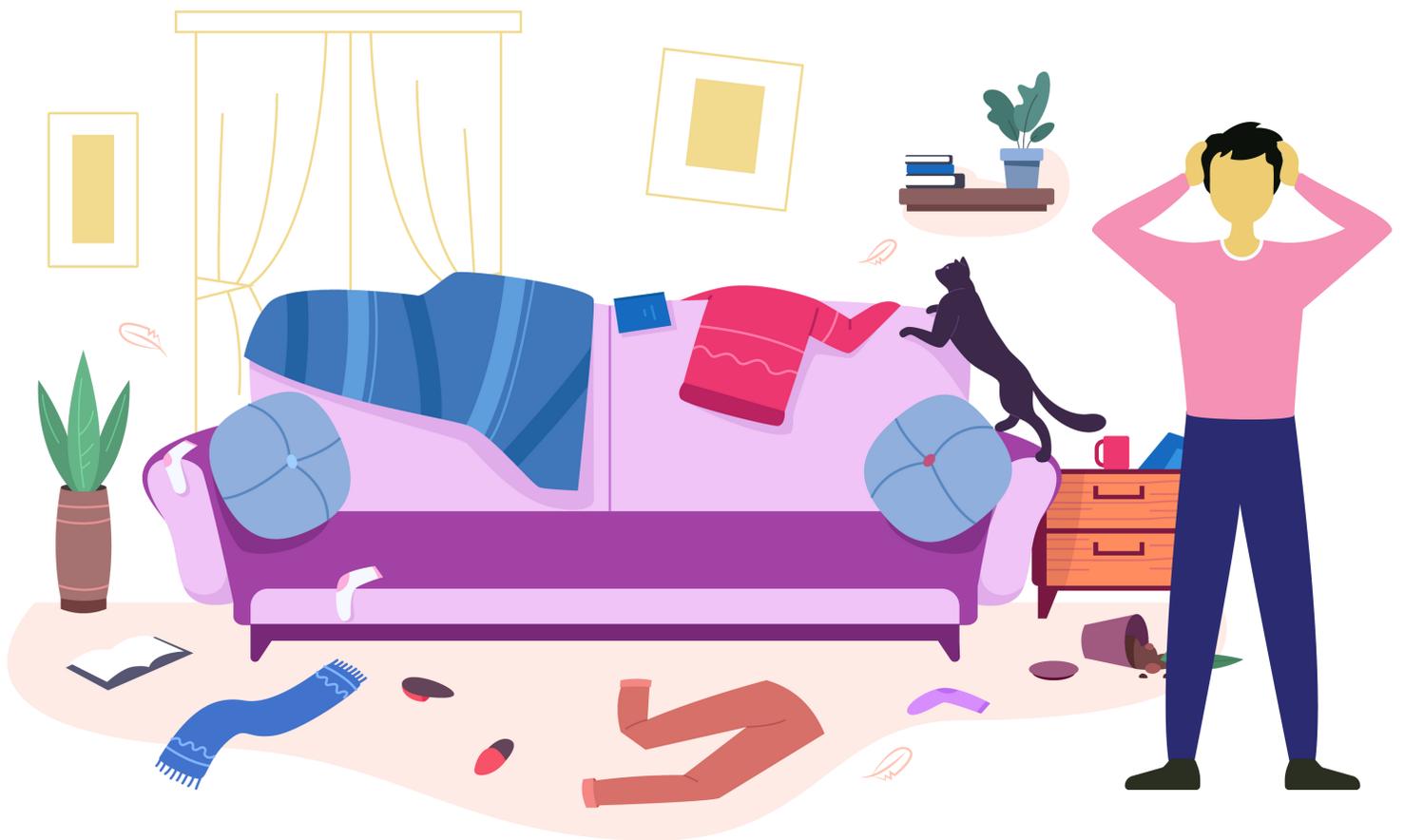
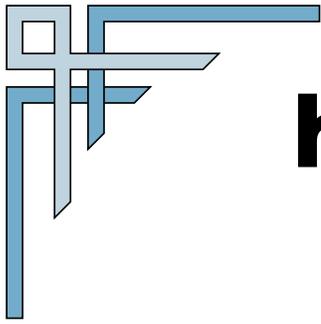


Room Reset

A printable chart
to help you reset a space
when you feel overwhelmed



KC DAVIS struggle
care



how to use your reset chart

The two best ways to assemble an icon chart are via magnets or velcro dots. I have both on my amazon storefront if you'd like to get them there. Laminating the square makes them last longer or you can also glue them to wood or cardboard pieces. You can usually get things laminated for an affordable price at office supply stores such as Office Depot, Kinkos, or FedEx office.

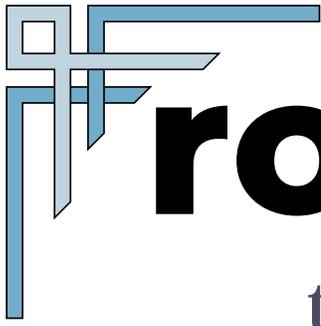
Take a look at the space and try to identify a few or several smaller categories or tasks that need to be done. Don't feel like you have to make it perfect! If you are just starting out focus on just five categories: trash, dishes, laundry, things that have a place, and things that don't. I've included both labeled and unlabeled images, in the case you'd like to use the image to represent something else. There are also some blank squares to use however you'd like.

Wood reset charts will be available soon so be sure to sign up for my newsletter to be the first to know! And be sure to check out my book if you need more help!



-KC Davis

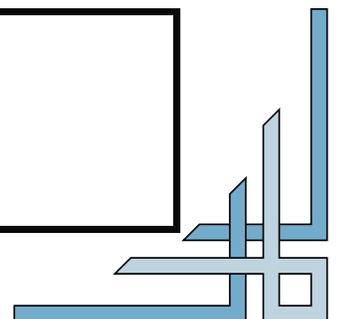
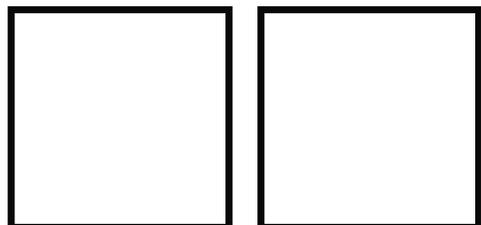
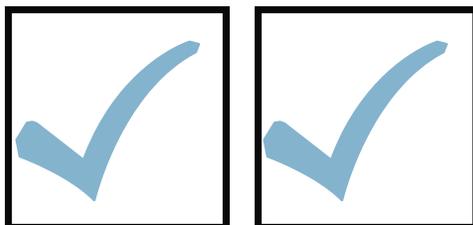
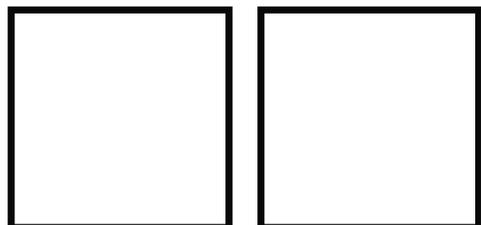
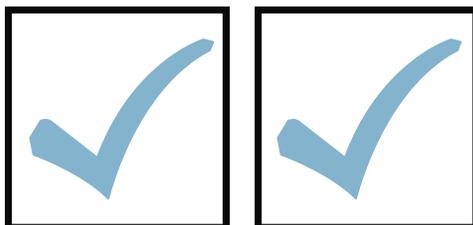
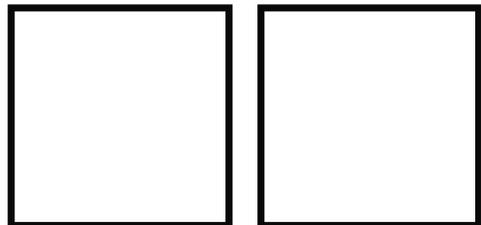
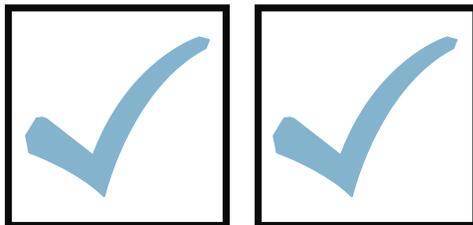
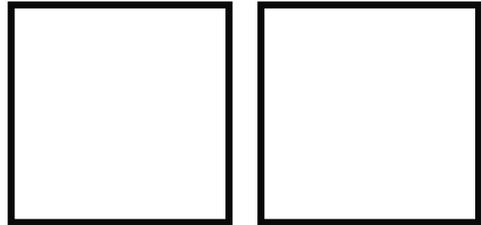
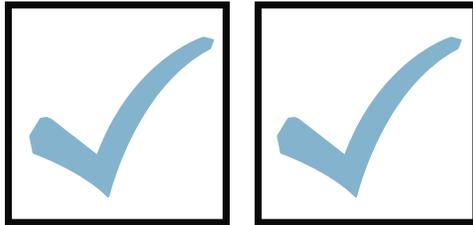
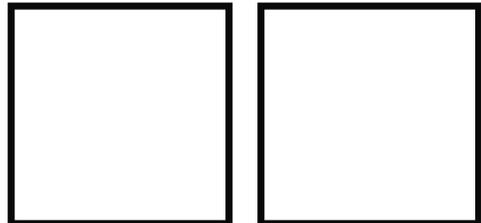
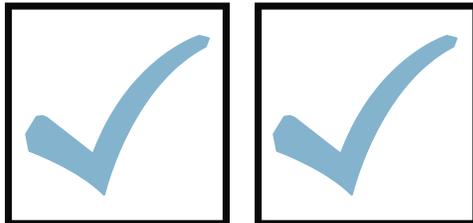
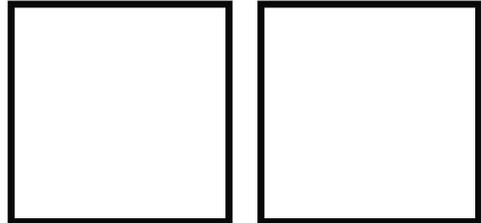
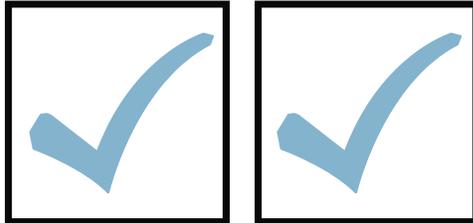




room reset

to-do

Done!





laundry



floors



re-stock



dishes



brush



shoes



kindness
to self



things w/
a place



brush
teeth



meal



trash



pets



things w/o
a place



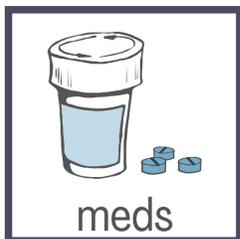
clean body



put away
laundry



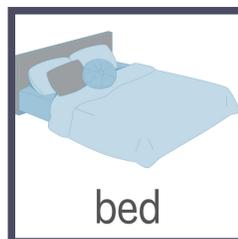
toys



meds



books



bed



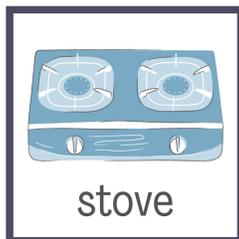
unload
dishwasher



load dishwasher



dust



stove



microwave



fridge



toilet



coffee



lunchbox



clothes



bottles

