# The Feral Family Reset

A gentle, flexible reset for overwhelmed days.



## CHOOSE THREE PLACES TO BEGIN

- [ ] Trash into one bag
- [ ] Dishes toward the sink
- [ ] Laundry into one basket
- [ ] Clear one walking path
- [ ] Refill the water bottles
- [ ] Open a window or step out
- [ ] Put on one good song
- [ ] Ask what everyone needs next

## FOCUS FOR THE NEXT TEN MINUTES

The one thing that would make this room feel kinder is...

## FOOD AND WATER

- [ ] Something filling
- [ ] Something fresh-ish
- [ ] Water for everyone

## CLOSING THE RESET

- [ ] Tomorrow's first task is written
- [ ] One surface is clear
- [ ] We are done for today

*"Let all things be done decently and in order."*

1 CORINTHIANS 14:40

# One Room Reset

Begin with one space. Reduce visual stress and make the next step clear.

ROOM / SPACE

WHAT IS MAKING IT FEEL SO LOUD?

THE THREE THINGS THAT WOULD HELP MOST

WHERE DO THE RANDOM THINGS GO?

DONE IS ALLOWED TO LOOK LIKE...

*"Be still, and know that I am God."*

PSALM 46:10