Daily Reset Checklist

KEEPING YOUR HOME HARMONIOUS EVERY DAY IS EASIER THAN YOU THINK.

VIDA SERENA IS HERE
TO SUPPORT YOU IN
MAINTAINING HARMONY
AND BALANCE IN YOUR HOME.

This guide provides simple, actionable steps to help you practice conscious maintenance, keeping your spaces organized, calm, and full of positive energy.

Daily Reset Checklist

- [ ] Check the main areas of your home.
- [ ] Remove items that are out of place.
- [ ] Store or discard what no longer serves a purpose.
- [ ] Clean and organize visible surfaces.
- [ ] Air out rooms and open windows.
- [ ] Adjust lighting and elements that promote wellbeing.
- [ ] Spend 5–10 minutes tidying a priority space.
- [ ] Do a final walkthrough to ensure everything is in place.

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USING THIS CHECKLIST DAILY HELPS YOU MAINTAIN HARMONY, REDUCE STRESS, AND CREATE A HOME THAT SUPPORTS YOUR ENERGY AND WELL-BEING.

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