

My Slow Home Weekend

A calm plan for tending your home without giving the whole weekend away to chores.

Choose what would make home feel lighter, warmer, or easier to live in. A cared-for home is not the same as a perfect one.

Three things that would make the biggest difference

- ☐ _____
- ☐ _____
- ☐ _____

One corner to soften

Choose a chair, nightstand, entry, porch, or kitchen corner.

One task to let go

Write what can wait so there is room for rest and connection.

SIMPLE DETAILS

Bring a Little Beauty In

Choose what welcomes calm without adding clutter.

- ☐ Open a window for fresh air.
- ☐ Clip a branch, flower, or herb from outdoors.
- ☐ Turn on a lamp instead of the overhead light.
- ☐ Play music that changes the mood of the room.
- ☐ Choose one simple, familiar scent.
- ☐ Put something meaningful where you can see it.
- ☐ Set out a favorite cup, book, or soft throw.
- ☐ Leave one surface beautifully empty.

The feeling I want to create at home

Choose three words that describe how you want your home to feel.

One small touch I will try

Let one simple choice be enough for this weekend.

A home becomes welcoming through small acts of care repeated over time.

WEEKEND RHYTHM

Work a Little. Rest a Little.

A loose rhythm gives the weekend shape without making it feel scheduled.

SATURDAY	SUNDAY
Morning - one practical task	Morning - quiet and gratitude
Afternoon - something enjoyable	Afternoon - prepare gently
Evening - make home feel cozy	Evening - release the week ahead

What I want to carry into Monday

Name the peace, clarity, or rhythm you want to keep.

Let the weekend restore you, not become another test you have to pass.