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STRESS LESS AT HOME

Your Guide to a Simplified Life

Maintenance, Decluttering &
Creating Peace at Home



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Introduction

Welcome to a More Peaceful Home

A calm home doesn't happen by accident. It's the result of small habits, simple routines, and a little bit of intentional care.

At Today's Home, we believe your home should support your life — not stress you out. This guide gives you easy, practical ways to keep your home feeling peaceful, organized, and manageable, no matter how busy life gets.

Take a breath. You've got this.

And we're here to help.



The 15-Minute Daily Reset

Small routines prevent big stress.

Set a timer for 15 minutes each day and focus on:

- Clearing counters
- Putting items back where they belong
- Gathering laundry
- Wiping surfaces
- Quick vacuum or sweep
- Running the dishwasher

This simple routine keeps overwhelm away and creates a peaceful rhythm in your home.

Pro Tip from a Today's Home Agent:
“Consistency beats perfection every time.”



THE ONE-IN, ONE-OUT RULE

Every time something new comes into the home, choose one item to remove.

This stops clutter from building up and keeps your home feeling light and easy to maintain.

Easy places to start:

- Clothes
- Toys
- Linens
- Kitchen gadgets
- Cleaning supplies
- Decor Items
- Books/Paper
- Magazines
- Pantry Clutter



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MONTHLY HOME HEALTH CHECKS

10-Minute Monthly Home Health Check

Catching small issues prevents big repairs.

Checklist:

- ✓ Check under sinks for leaks
- ✓ Test smoke & CO detectors
- ✓ Inspect HVAC filters
- ✓ Walk exterior for cracks/moisture
- ✓ Run water through guest bathrooms
- ✓ Check windows for drafts
- ✓ Clean dishwasher filter
- ✓ Inspect water heater area

Pro Tip from a Today's Home Agent:
*A quick monthly check saves money, stress,
and headaches down the road.*



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SEASONAL HOME CARE CALENDAR

Spring

- HVAC service
- Gutter cleaning
- Pressure wash exterior

Fall

- Chimney/fireplace inspection
- Seal gaps & cracks
- Clean dryer vent

Summer

- Inspect roof & attic
- Test irrigation
- Trim landscaping

Winter

- Protect outdoor spigots
- Test shutoff valves
- Review insurance coverage

Pro Tip from a Today's Home Agent:

“A well-cared-for home supports a well-cared-for life.”



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DECLUTTERING ZONES

Stress-Free Decluttering, One Zone Per Week

Pick one zone and keep it small. Progress builds momentum.

Easy weekly zones:

- Your car
- Bathroom drawers
- Pantry
- Laundry room
- Nightstands
- Fridge
- Coat closet
- Linen closet

*Pro Tip from a Today's Home Agent:
"Small wins create real change."*



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EMERGENCY PEACE PLAN

Your Emergency Peace Plan

Preparation reduces panic.

Homeowner Emergency Kit:

- Flashlight + batteries
- First-aid kit
- Water shutoff key
- Backup chargers
- Fire extinguisher
- Basic tools
- Folder for important documents
- List of emergency contacts
- Plumber/HVAC tech numbers

Pro Tip from a Today's Home Agent:
*Knowing where things are gives you
a sense of control and confidence.*



5-MINUTE ROOM RESET

When life feels overwhelming, reset one room in five simple steps:

1. Pick up visible clutter
2. Straighten pillows/blankets
3. Wipe one surface
4. Remove one thing that doesn't belong
5. Add a calming touch — lamp, candle, soft light

Pro Tip from a Today's Home Agent:
A tidy space calms the mind instantly.



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WHEN TO CALL A PRO

When to Call a Professional

Get ahead of safety and repair issues.

Call a pro if you notice:

- Moisture or discoloration on walls/ceilings
- Outlets that flicker, spark, or feel hot
- Persistent musty odors
- Signs of pests
- Cracks around doors or windows
- Sudden spikes in utility bills
- Strange sounds from HVAC or water heater

Your home deserves expert care — and so do you.



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A PEACEFUL HOME IS A LEGACY

Your home influences your routines, your family, your health, and the way you move through life. A peaceful, well-cared-for home creates space for joy, rest, and connection.

This isn't about perfection.

It's about creating a home that supports your life — one small habit at a time.



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NEXT STEPS

We're Here to Help You Stress Less

If you want support building a calmer, simpler, more organized home, our team is ready to guide you.

Choose what you need next:

- ✓ Schedule a Homeowner Strategy Session
- ✓ Request a Home Value Review
- ✓ Download our Seasonal Checklist

Today's Home

Serving Hoover, Birmingham & Shelby County

www.CallTodayshome.com

"It's always more than just a house."

