



15-MINUTE



The 15-Minute Reset

A small, grace-filled place to begin today.

Start small. Feel the difference.

15 MINUTES • ONE AREA • FRESH START

5 guided, printable and digitally fillable pages

● **A NOTE BEFORE YOU BEGIN**

Begin with the page that meets you where you are.



Choose your reset

Set a 15-minute timer. Pick one area. Stop when the timer ends.

- ☐ HOME: clear one visible surface and return five things
- ☐ MEALS: choose tonight's meal and write three groceries
- ☐ MONEY: check the next three bills due
- ☐ FAMILY: look at the calendar and plan one connection moment

MY RESET OUTCOME

MY NEXT THREE SMALL ACTIONS

WHAT ALREADY FEELS LIGHTER



The Sunday 15

A quick reset before the week begins.

☐ Check the calendar

☐ Choose three dinners

☐ Review bills due

☐ Prepare bags or clothes

☐ Reset the main room

☐ Choose one family moment

☐ Pray over the week

This week does not need to be perfect to be meaningful.



A prayer for a fresh start

Return whenever the week feels heavy.

God, meet me in the middle of real life. Give me wisdom for what matters, courage for the next small step, and grace for everything unfinished. Let our home become a place of peace, connection, and steady love. Amen.

MY NEXT SMALL STEP

“His mercies are new every morning.” - Lamentations 3:22-23



Notes and fresh starts

Use this page whenever you need another beginning.
