



# The Values- Aligned Home Reset



A 6-Day Plan to Stop Feeling Guilty About Your Home & Start Feeling Proud of It. This gentle reset helps you replace wasteful habits with values-aligned choices that feel good and do good.



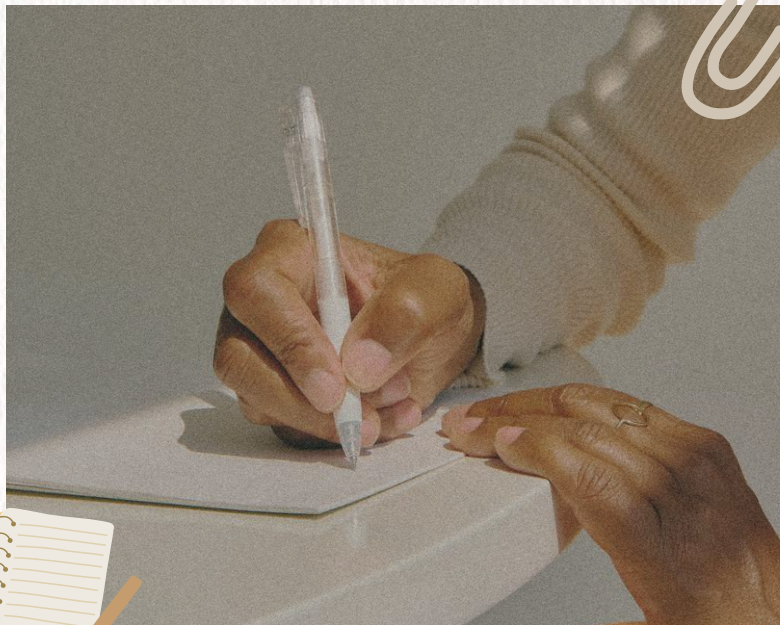
## Day 1 - Spot the Quilt Triggers

- WALK THROUGH YOUR HOME AND NOTICE ITEMS THAT MAKE YOU FEEL UNEASY ABOUT WASTE OR ETHICS.
- WRITE DOWN 3-5 THINGS YOU WOULD LOVE TO UPGRADE.
- SHOP CATEGORIES TO EXPLORE: ECO KITCHEN, SUSTAINABLE CLEANING, LOW-WASTE BATHROOM



## Day 2 - Choose One High-Impact Swap

- CHOOSE ONE ITEM YOU USE DAILY THAT CREATES THE MOST WASTE.
- FOCUS ON ONE CHANGE SO IT FEELS EASY AND DOABLE.
- SHOP CATEGORIES: REUSABLE PAPER TOWELS, REFILLABLE SOAP, BAMBOO TOOTHBRUSHES.



## Day 3 - Replace It With Something Better

- PURCHASE OR SELECT A SUSTAINABLE, REUSABLE, OR ETHICAL ALTERNATIVE.
- YOU ARE CHOOSING BETTER, NOT PERFECT.
- SHOP CATEGORIES: PLASTIC-FREE ESSENTIALS, ETHICAL HOME GOODS, REFILLABLES.

I HAVE NO MOTIVATION  
TODAY WHAT-SO-EVER.

## Day 4 - Create a Low-Waste Habit

- PLACE YOUR NEW ITEM WHERE IT IS EASIEST TO REACH.
- REMOVE THE OLD DISPOSABLE VERSION SO THE NEW HABIT STICKS.
- SHOP CATEGORIES: STORAGE JARS, DISPENSERS, ORGANIZERS.



## Day 5 - Build a Values-Driven System

- IDENTIFY ANOTHER FUTURE SWAP WHEN SOMETHING RUNS OUT.
- YOU ARE BUILDING A LONG-TERM ECO-FRIENDLY HOME.
- SHOP CATEGORIES: ECO BUNDLES, REFILL PACKS, STARTER KITS.



## Day 6 - Become a Conscious Consumer

- LIST FUTURE SWAPS AND CELEBRATE HOW FAR YOU'VE COME.
- YOUR HOME NOW REFLECTS WHO YOU WANT TO BE.
- SHOP CATEGORIES: CONSCIOUS CONSUMER FAVORITES, SUSTAINABLE ESSENTIALS.

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