THE JANUARY RESET

A fresh home, not a new you.

A little space to start again

Use this checklist in an afternoon, across a weekend or whenever your holiday ends. This is not a 31-day challenge. Choose what is useful and leave the rest.

AFTER CHRISTMAS

■ Put away festive decorations before your return to work, if that suits you.

■ Clear surfaces and clean the places that were covered by decorations.

■ Clean the inside of the windows and any glass that needs attention.

■ Refresh the tablecloth and bring home fresh flowers.

■ Enjoy the empty space before deciding what belongs there.

EVERYDAY RHYTHMS

■ Plan a few ordinary meals with plenty of vegetables.

■ Keep water nearby and return to your usual drinking routine.

■ Choose a walk that sounds genuinely enjoyable.

The part of my home I most want to refresh:

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THE YEAR AHEAD

A little organisation. A little breathing room.

LIFE ADMIN

■ Look at the calendar together.

■ Choose the holiday weeks worth protecting.

■ Check when annual leave requests can be submitted.

■ Review finances and set meaningful financial goals.

■ Keep some time unplanned for spontaneous days away.

THE FIRST MONDAY BACK

■ Briefly review the first week’s diary on the last Sunday of leave.

■ Protect some time to triage the inbox and urgent matters.

■ Reconnect with the team and ask how everyone is doing.

■ Identify the immediate priorities and what can wait.

SOMETHING TO LOOK FORWARD TO

■ Choose one small outing, walk or lovely ordinary moment.

■ Leave room for a plan that does not exist yet.

One thing I want more room for this January:

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You do not have to become someone new to begin again.