

The 5S Home Reset Checklist

A simple system for a quieter home.

Sort	Separate what stays from what goes.
Set in Order	A home for everything, by how often you use it.
Shine	Clean the space — and notice what's wearing out.
Standardise	The small habits that hold the new shape in place.
Sustain	Adjust, don't redo. The long game.

Lean manufacturing thinking, applied where you actually live.

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Before You Start

Most people think clutter is a motivation problem. It's not. It's a system problem.

This checklist is built on 5S — a method from lean manufacturing that I've spent more than 20 years using in factories. When a space is set up properly, keeping it that way doesn't take willpower. It takes a system.

5S has five steps: Sort, Set in Order, Shine, Standardise, Sustain. Each one builds on the one before it. Skip a step and the next one stops working.

HOW TO USE THIS

- 1 Pick one room — or one drawer. Don't try to do the whole house. That's how it falls over.
- 2 Work through the five steps in order.
- 3 Tick what you've done. Note what you'd do differently.
- 4 Come back to it. Documenting, not perfecting. Small adjustments. Less friction.

— *Tyrone, Grounded Roamer*

Lean Living Practitioner

Sort

Separate what you use from what you don't.

THE WORK

- Empty the space onto a flat surface — see everything at once.
- Make three piles: keep, relocate, remove.
- If it hasn't been used in a year and has no clear purpose, it goes.
- Sort by location, not by category — finish this drawer before the next.
- Be honest about 'just in case' items. They're usually just in the way.

QUIET LESSON

Sort is where the decisions get made. Every later step rests on these choices. Slow here pays off five times over.

REFLECT

What are you keeping out of habit rather than use?

Set in Order

A place for everything, based on how often you use it.

THE WORK

- Most-used items at hand-height. Rarely-used items up high or down low.
- Like with like — group by use, not by aesthetics.
- Label or zone if it helps the whole household, not just you.
- Put each item where it will be used, not where it happens to fit.
- Leave a little empty space. Full shelves stop working first.

QUIET LESSON

If it's hard to put away, you won't put it away. The system has to be easier than the mess.

REFLECT

Where does the hardest-to-put-away thing actually belong?

Shine

Clean the space — and notice what's wearing out.

THE WORK

- Wipe surfaces and clean inside drawers and shelves.
- Note anything broken, worn, sticky, or missing.
- Make a small list of what to repair or replace.
- Don't shop yet — sit with the list for a week first.
- Notice what gets dirty fastest. That's a system clue, not a cleaning problem.

QUIET LESSON

Cleaning is the side effect. Noticing is the point.

REFLECT

What keeps getting dirty or breaking in this space — and why?

Standardise

The small habits that hold the new shape in place.

THE WORK

- One reset window per day. Ten minutes is enough.
- One reset day per week — same day, same kind of attention.
- The two-minute test: if it goes back in under two minutes, do it now.
- Decide where new things will live before they come home.
- If a rule keeps breaking, the rule is wrong — adjust it, don't push harder.

QUIET LESSON

Standardise is the boring step. It's also the one that makes the rest stick.

REFLECT

Which habit from this step would make the biggest difference this week?

Sustain

The long game. Adjust, don't redo.

THE WORK

- Walk through the space once a week. Look — don't fix yet.
- Note what isn't working. Only that.
- Adjust one thing, not five.
- Document what changed and why.
- Treat the system as a draft. Always in progress.

QUIET LESSON

*When the first four steps are done well, this one is easy.
Systems not willpower.*

REFLECT

What one small adjustment would improve this space right now?

Keep going, quietly.

What this checklist isn't: a one-day project.

What it is: a slow change in how a space behaves.

The first time through is the hardest. The second time is faster. The third time is mostly noticing.

If something didn't work, that's data. Note it. Adjust one thing next time. Don't redo five.

WHERE TO FIND MORE

YouTube	Search Grounded Roamer for the video that goes with this checklist.
Substack	substack.com/@groundedroamer — new posts on home systems, simple growing, and quiet travel, fortnightly.
Website	groundedroamer.com

— *Tyrone*

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