



SIMPLE START LIST

Start Simple: A Homeschool Reset List

Overwhelm is not a sign you're failing—it's a sign you care. Let's turn that into clarity. Start here.

1. Choose 3 Learning Areas to Focus On This Month:

Pick no more than three to simplify your rhythm.

You'll build consistency, not chaos.

(Not sure where to start? Reading, math, and nature study are gentle but powerful.)

2. Set 1 Daily Anchor Activity:

This is your rhythm reset. It grounds your day—even when everything else shifts.

Examples:

 Morning read-aloud

 Lunchtime together

 Afternoon walk or project

 Evening family reflection

My Anchor Activity:

→ _____

3. Let Go of One Thing (for Now):

What's adding stress or guilt that you can pause or simplify this month?

A subject we're forcing

An unrealistic schedule

Comparison to others

I'm releasing:

→ _____

Remember:
You don't need a perfect plan.
You need a peaceful one.
Start simple—and build from there.