RESET

Pick one spot

Date _____

Not the house. One spot. Tick what bugs you, then circle just one.

What bugs me tick any

- [ ] Kitchen counter
- [ ] Desk
- [ ] Sink
- [ ] Entry / shoe pile
- [ ] Dining table
- [ ] Bathroom counter
- [ ] The chair (you know the one)
- [ ] Sofa
- [ ] Bedroom floor
- [ ] Car
- [ ] Nightstand
- [ ] Mail pile

Today's one spot

Why this one? it bugs me most / it's quickest / guests

When I'm done, I'll a small reward

RESET

10-minute reset

Date _____

The same six steps every time, so you don't have to decide.

- [ ] **Trash**
  bag it, all of it

- [ ] **Dishes**
  to the kitchen, or stack by the sink

- [ ] **Laundry**
  into the basket, clean or not

- [ ] **Flat surfaces**
  clear one, wipe it

- [ ] **A path on the floor**
  pick up what's in the way

- [ ] **Stop**
  timer rang? you're done

Minutes colour one each minute

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

What I can see now that I couldn't before

ROOMS

Bedroom

Date _____

A card, not a schedule. Do the 10-minute or the 5-minute version.

10-minute version

- [ ] Clothes: clean on one chair, dirty to the basket
- [ ] Cups and plates to the kitchen
- [ ] Pull up the duvet
- [ ] Clear the nightstand
- [ ] Open the window for 5 minutes

5-minute version tired? this one

- [ ] Dirty clothes in the basket
- [ ] Duvet up

Weekly extra optional

Change the sheets, or just the pillowcase

Good enough means

I can get into bed without moving things.

My notes for this room what's always here?