

60-Minute Small-space Weekly Reset

Timer on • Stop when it says stop

How it works: Set a **60-minute timer**. Move top → bottom. Don't perfect - **just pass through**. If you have 30 minutes, do the first three blocks only.

00-10 min • Surfaces & Trash

- Clear kitchen counters & table (hot Spots)
- Toss/recycle obvious trash + junk mail
- Sink soak: hot water + drop of dish soap (hands off)

10-20 min • Floors Quick Pass

- Sweep/vac high traffic only (kitchen/entry)
- Shake door and litter mats outside
- Quick crouch: grab visible crumbs/ toys into a bin

20-35 min • Laundry Boost

- Start or flip a load
- Pre-sort next basket (lights/darks/kids)
- Restock diapers/ wipes/paper towels (if you use them)

35-50 min • Kitchen Win

- Load or run dishwasher (or wash 10 items)
- Wipe stove top + sink rim
- Pick tomorrows dinner; thaw meat/soak beans if needed

50-60 min • Calm Finish

- Reset living room: fold blankets, stack books, toy bins
- 2-minute bathroom pass: wipe counter, swap hand towel
- Set out morning stuff (cups, coffee, backpack zone)