

My one-page cleaning reset

Date: _____

Choose less than you think you can do. Stop at your finish line, even if more is left.

1. What fits today?

- ☐ 2 minutes
- ☐ 5 minutes
- ☐ 10 minutes
- ☐ 15 minutes

My energy:

- ☐ almost none
- ☐ foggy
- ☐ steady
- ☐ restless

2. Pick one place

Room or small zone:

What would make it more usable?

3. Choose up to three moves

Start with safety or hygiene, then choose the most visible relief.

- ☐ _____
- ☐ _____
- ☐ _____

4. Make starting tiny

My first move takes under one minute:

Examples: open the bag, pick up one cup, clear one chair.

5. Decide when to stop

- ☐ when the timer ends
- ☐ after the three moves
- ☐ when my energy drops

My final reset move:

Done counts when...

I made one part of the room safer, easier, or more usable.

What changed:
