

The 5-Minute Reset

When the mess is too big to face, don't tidy the room — tidy for five minutes. Set a timer, do what you can, stop when it dings.

SET A TIMER · 5 MINUTES · STOP WHEN IT DINGS

Grab whatever you can reach

You do NOT have to do all of these. Any of them is a win.

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| ☐ Put 5 things back where they live | ☐ One load in the wash / dishwasher |
| ☐ Clear one surface — just one | ☐ Fluff the cushions, straighten the throw |
| ☐ Bin the obvious rubbish | ☐ Open a window for 2 minutes |
| ☐ Gather all the cups / plates | ☐ One nice thing for future-you |

HOW IT FEELS NOW VS 5 MINUTES AGO

Circle one: the same · a bit lighter · actually better