

30 MINUTE HOME RESET

quick checklist for busy days

Set a timer, pick one room if needed and do what you can. This is a reset, not a full deep clean. Tiny wins count.

0-5 minutes: quick collect

- ☐ Grab mugs, plates and obvious rubbish
- ☐ Put stray shoes, bags and coats in one place
- ☐ Open a window for a quick freshen up

5-10 minutes: kitchen basics

- ☐ Clear the main counter
- ☐ Load / stack dishes
- ☐ Wipe the sink and the bit everyone sees first

10-15 minutes: living area reset

- ☐ Fold throws and straighten cushions
- ☐ Move clutter into a basket
- ☐ Clear the coffee table or main surface

15-20 minutes: bathroom dash

- ☐ Wipe sink and taps
- ☐ Replace hand towel if needed
- ☐ Quick toilet clean and bin check

20-25 minutes: floor and surfaces

- ☐ Hoover the high-traffic area
- ☐ Wipe one dusty or sticky surface
- ☐ Put laundry where it belongs

25-30 minutes: finish and breathe

- ☐ Light a candle or spray room mist
- ☐ Put one thing fully away
- ☐ Make a drink and admire your work

Quick notes / jobs for later
