

15-Minute Home Reset Planner

Use one short sequence to protect the kitchen, clear visible clutter and make tomorrow easier.

The 15-minute sequence

Minutes	Focus	Do only this
0-3	Trash	Collect visible trash and replace one full bag
3-6	Dishes	Move cups and plates to the sink or dishwasher
6-9	Laundry	Gather loose clothing and start one realistic load if needed
9-12	Surfaces	Clear one counter, table or sofa zone
12-15	Tomorrow	Prepare keys, bags, one outfit and the first morning task

Choose today's three priorities

1

2

3

Low-energy version

Do trash, dishes and one clear surface. Stop after five minutes if needed. The purpose is to lower tomorrow's friction, not to finish the whole house.

Before you stop

☐ Timer ended

☐ Cleaning tools put away

☐ One walkway is clear

☐ Tomorrow's first task is visible

7-Day Reset Tracker

Track completion, not perfection. A partial reset still counts when it prevents tomorrow's mess from growing.

Weekly tracker

Day	5 min	10 min	15 min	Area that improved	Tomorrow's first task
Mon	[]	[]	[]		
Tue	[]	[]	[]		
Wed	[]	[]	[]		
Thu	[]	[]	[]		
Fri	[]	[]	[]		
Sat	[]	[]	[]		
Sun	[]	[]	[]		

Customize the routine

The room that creates the most stress

The task that prevents the biggest morning problem

The task I will remove from this routine

Where the reset basket or supplies will live

Weekly review

Keep the steps that reduced visible mess or morning stress. Shorten any step you avoided. A repeatable five-minute version is more valuable than a perfect routine you stop using.