

HOME ORGANIZATION RESET

Week of: _____ Focus Room: _____

DAILY RITUALS

Make beds

Load/Empty dishwasher

15-minute clutter sweep

Wipe kitchen counters

One load of laundry

THE KITCHEN RESET

Clean microwave interior

Toss expired fridge items

Sanitize sink & faucet

Refill soap dispensers

LIVING & SLEEP SPACE

Fluff sofa cushions

Dust electronics & screens

Vacuum high-traffic areas

Clear nightstand surfaces

DEEP FOCUS TASKS

Disinfect door knobs/switches

Clean baseboards

Sort mail & paper pile

Organize junk drawer

GOALS & GRATITUDE