The 15-Minute Daily Reset

Three anchors, a timer, and deliberately nothing else. The routine that stops a house sliding.

> Set a timer for fifteen minutes and stop when it goes off, even mid-job. Stopping on time is what makes you willing to start again tomorrow.

THE THREE ANCHORS

- [ ] Kitchen surfaces and sink, cleared and wiped
- [ ] One load of washing moved along a stage
- [ ] Five-minute tidy of the room you use most

THE ORDER THAT WORKS

- [ ] Rubbish first. One pass, no decisions.
- [ ] Dishes into the sink or dishwasher
- [ ] Surfaces, one at a time, finish each
- [ ] Floor, only what is already clear

DELIBERATELY DO NOT

- [ ] Start any project
- [ ] Sort into drawers, rooms are enough
- [ ] Move on to other rooms
- [ ] Apply standards. Wiped is wiped.

IF YOU HAVE MISSED DAYS

- [ ] Do not catch up. Catching up kills the routine.
- [ ] Same fifteen minutes, same three anchors
- [ ] It comes back on its own in three or four evenings

NOTES

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