# Bedroom Reset

A clear 40-minute reset for a usable bedroom.

**Set a timer. Work top to bottom. Stop when it ends.**

Short on time? Do the ★ tasks only — about 16 minutes.

FULL RESET 40 MIN

## 01 Start the laundry — 6 min

- [ ] ★ Start one load of bedroom laundry
- [ ] Put worn clothes in the hamper
- [ ] Set aside items needing special care
- [ ] Return empty hangers to the closet

## 02 Clear walking space — 6 min

- [ ] ★ Clear the path to the bedroom door
- [ ] Put shoes back in their place
- [ ] Move bags off the bedroom floor
- [ ] Collect items for other rooms

## 03 Reset the bed — 8 min

- [ ] ★ Straighten sheets and remake the bed
- [ ] Smooth pillows and the top blanket
- [ ] Change pillowcases if needed
- [ ] Put spare bedding in its spot

## 04 Bedside surfaces — 7 min

- [ ] ★ Clear and wipe bedside surfaces
- [ ] Carry cups back to the kitchen
- [ ] Stack books and loose papers
- [ ] Empty the bedroom trash bin

## 05 Closet and dresser — 7 min

- [ ] ★ Hang or fold five clean items
- [ ] Return loose accessories to drawers
- [ ] Set aside one item to mend
- [ ] Close dresser drawers and closet doors

## 06 Tomorrow setup — 6 min

- [ ] ★ Set out tomorrow's clothes
- [ ] Check tomorrow's first commitment
- [ ] Place charging cords within reach
- [ ] Put the laundry basket away

### MAKE NEXT WEEK EASIER

**Next bedding wash:** _____

**One drop spot to fix this week:** _____

**Tomorrow's first task:** _____

Tip: Print a fresh copy weekly, or use a sheet protector and dry-erase marker.

Keep the path to the bedroom door clear.

*A little more usable is enough. No perfect house required.*

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