

Steal the time, don't over plan your tidy time. When you have a few "free" minutes complete a task or two STOP scrolling on your phone! Don't over complicate it, keep the task simple.

# DAILY 15 MIN

WIPE  
STOVE  
TOP

DO  
YOUR  
DISHES

EMPTY  
GARBAGE

Better  
NOT  
Perfect

Wipe  
counters

MAKE  
YOUR  
BED

Pick  
up  
Shoes

Fold  
blankets

Prep  
Coffee

Sort  
MAIL

These are common spaces and tasks, don't try to tackle every space in the beginning, slow and steady will build the **NEW** habit.

\*\* Remember to steal the time - if you have a few minutes before you pick up the kiddos or meet your friend for coffee do a task rather than scrolling your phone!