



10-MINUTE ROOM RESET



Set a timer, follow the steps, and enjoy your refreshed space!

0-1
MINUTES



GET READY

Grab a small basket or bag for items that belong in another room.

1-3
MINUTES



MAKE THE BED

Straighten the sheets, pull up the blanket, and arrange the pillows.

3-5
MINUTES



CLEAR THE FLOOR

Pick up trash, cups, dishes, toys, books, and anything out of place.

5-7
MINUTES



CLOTHES AWAY

Put dirty clothes in the hamper and clean clothes in a drawer or closet.

7-9
MINUTES



RESET SURFACES

Tidy the desk, nightstand, dresser, shelves, and vanity.

9-10
MINUTES



FINAL CHECK

Put away the basket items, straighten one last thing, and celebrate!

I DID IT! My room feels calmer, cleaner, and ready for me.

Small steps make a big difference.

RESET BY ROOM ZONE

Choose one mini goal in each area. Check it off when the zone feels ready.

BED

- ☐ Straighten sheets and blanket
- ☐ Arrange pillows
- ☐ Clear items from the bed

FLOOR

- ☐ Pick up trash and dishes
- ☐ Put toys and books away
- ☐ Leave a clear walking path

CLOTHES

- ☐ Dirty clothes in hamper
- ☐ Clean clothes folded or hung
- ☐ Shoes paired and put away

DESK & SURFACES

- ☐ Return supplies to their spots
- ☐ Stack books and papers
- ☐ Wipe one surface if needed

PERSONAL ITEMS

- ☐ Tidy vanity or accessories
- ☐ Put away bags and electronics
- ☐ Carry other-room items out

RESET RULE: If it has a home, put it there. If it does not, choose one!

MY WEEKLY RESET TRACKER

Complete a quick room reset, color a star, and notice your progress.

☐

MONDAY

Minutes used: _____

How it felt: _____

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TUESDAY

Minutes used: _____

How it felt: _____

☐

WEDNESDAY

Minutes used: _____

How it felt: _____

☐

THURSDAY

Minutes used: _____

How it felt: _____

☐

FRIDAY

Minutes used: _____

How it felt: _____

☐

SATURDAY

Minutes used: _____

How it felt: _____

☐

SUNDAY

Minutes used: _____

How it felt: _____



MY WEEKLY GOAL

I will complete my room reset on _____ days this week.

WHEN I REACH MY GOAL, I WILL...

Choose a simple celebration: read a favorite book, enjoy music, make a craft, or spend time with family.
