

The Bedroom *Reset* Checklist

5 surfaces · about 20 minutes · a calmer Monday

Today

Room

Streak this week

1 The 5-Surface Sweep

RUN IN ORDER

1 **The bed** Strip or smooth, then **make it crisp**. The biggest visual sets the tone.

2 **The nightstand** Clear to **three essentials**: water, glasses, one book. Trash the rest.

3 **The dresser top** Mail, change, receipts into **one tray or drawer**, then sort it.

4 **The chair** Hang, fold, or hamper. **No fourth pile** for the floordrobe.

5 **Closet threshold** Line up shoes, hang the bag, **clear the floor** so mornings flow.

2 The 10-Minute Version

FOR NIGHTS YOU HAVE NOTHING LEFT

Set a 10-minute timer

Make the bed

Nightstand down to three things

Chair into the hamper, sort tomorrow

Push the shoes to the wall

Lights down, done

CONSISTENCY BEATS PERFECTION — KEEP THE HABIT ALIVE ON HARD DAYS

3 The Nightly Anchor

60 SECONDS · EVERY NIGHT

Phone goes on the charger across the room.



On the walk back, take 60 seconds to clear whatever crept onto the nightstand and the chair. Tie it to a habit you already have, and the room stops sliding back by Wednesday.

✓ This Week's Anchor Tracker

TICK A NIGHT, BUILD THE STREAK



MON



TUE



WED



THU



FRI



SAT



SUN

Walk in. Exhale. Sleep.