

15-20 Minute spurts

Examples of what can be done within 15-20 minutes

- Take 10 items and move them back to their designated place
- Clean the bathroom counter off
- Clean 10 items out of the fridge
- Change your sheets
- Go through and delete 10 files you no longer use on your computer
- Frame 5 photos you've been meaning to get done
- Create a three box system (toss/donate, give back, keep)
- Throw a load of laundry in
- Switch over the laundry
- Fold the laundry
- Put your laundry away
- Remove 10 expired items (ex. Food, medicine, make-up etc)
- Clear out a junk drawer
- Clean out 3 small baskets

- Purge 10 items of clothing (even if it's mismatched socks)
- Purge 10 kitchen items you no longer use
- Purge 10 office supplies that aren't used/don't work (even 10 pens)
- Take 15 receipts and either file or toss them
- Choose 10 nik naks to donate
- Mind dump
- Write out a shopping list for the week
- Remove 5 cleaning products you don't use
- Remove 10 food storage containers that are broken/no lids
- Plan your meals for the week
- Donate 10 books you don't read anymore
- Donate 5 pairs of shoes
- Purge 10 toys
- Dust a room
- Remove garbage, recycling, compost