

Ten Minutes of Tidying

Try one short, timed tidy-up and see what it actually does to the room and to you.

WHEN TO USE THIS

Use this right now, with a timer, in whichever room bothers you most.

Which room, and what is the one thing in it you would fix first?

Before you start: how does the room feel to be in?

0	1	2	3	4	5	6	7	8	9	10
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Fine

Hard to be in

Set a timer for ten minutes. When it goes off, stop, even if you are in the middle of something.

Afterwards: what changed in the room, and what changed in you?

When could ten minutes like that fit into a normal day?

Ten minutes will not fix a house. It will make one corner easier to sit in.