

A bright, elegant living room with a large, intricate metal chandelier hanging from a white ceiling. The room features several arched windows with white frames, allowing natural light to fill the space. The walls are white with decorative paneling and sconces. The furniture includes a large tufted sofa with a dark purple throw blanket, two matching armchairs, and a wooden coffee table. A large, shaggy, light-colored rug covers the floor. The overall aesthetic is clean, bright, and sophisticated.

The 10 Minute Reset Routine

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The 10 Minute Reset Routine

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| | Start the Timer |
| | Take a deep breath and focus on quick wins. |
| | Move quickly — progress, not perfection. |



The 10 Minute Reset Routine

| | Quick Reset Tasks |
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| | Clear kitchen counters |
| | Load or run the dishwasher |
| | Put away items that belong elsewhere |
| | Fold blankets and fluff pillows |
| | Return shoes, bags, and coats to their homes |
| | Sort or stack mail and papers |
| | Wipe kitchen or bathroom counters |
| | Put away toys, books, or remote controls |
| | Take out trash or recycling if full |
| | Do a quick floor check for stray items |

The 10 Minute Reset Routine

| | Two Minute Extras |
|--|---------------------------------------|
| | Make the bed |
| | Start a load of laundry |
| | Water plants |
| | Prep coffee or breakfast for tomorrow |

