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The One Minute Rule



Mail clutter, dirty dishes, or just putting things away, if you can do it in under a minute, DO IT. Right now.

Store Seasonally

As seasons change, clear closets, mudrooms, and entryways of unnecessary items. Bulky coats, hats, and gloves go in boxes until you need them.



Recycle

Old magazines, newspapers, and even grocery bags can be recycled. If

you've been holding on to these "just in case", it's time to let go!

Break it down



Choose a task/chore. Set a timer for 10 minutes. Do as much as you can before the buzzer. It's amazing

how much you accomplish when you break tasks down into chunks.

Check Expiration Dates



Start in the kitchen and pantry; toss anything that's expired. In the bathroom, get rid of cosmetics, toiletries, or prescriptions

past their "best used by" dates.

Closet Audit



Donate clothes you haven't worn in over a year or items that no longer fit. Your closet

space will thank you!

Tip: Turn all your hangers around "backwards" (do this right after you've done laundry). Then when you wear an item, take off the hanger and turn it around the "right" way. After a while, the clothes you never wear will be obvious (their hangers will remain backwards).

Scan and Shred



Old paperwork piles up! If your filing cabinet is overflowing, scan your docs and store them digitally.

Then shred papers containing personal or sensitive information.

Label It!



Create a storage system that works for you. Once everything has a place, label it!

Knowing where things go enourages sticking to the "one minute rule" and prevents clutter build-up.

Clock by Taylor Medlin, Label by Steffen Nørgaard Andersen, Checklist by Michael Young, Puzzle by Márcio Duarte, Weather by Alex Sheyn, Calendar by Laurent Patain, Clothes Hanger by Martin Turner, Scanner by Dylan Reid from The Noun Project.

Weekly Checklist



Plan which chores to finish each week by breaking them down by room (kitchen, bathroom, etc.), then listing specific chores

for each. **Tip:** start with worst chore first! Get this one out of the way and earn a sense of accomplishment - and inspiration to keep going!