



ONE MINUTE

Challenge

ORGANIZE ONE HOME AREA

Small steps. Big impact.



1. CHOOSE YOUR AREA

Pick one small space to focus on for just one minute.



IDEAS:

- A drawer
- A shelf
- A countertop
- A nightstand
- A bag or basket
- Any small spot!



2. SET YOUR TIMER



Set a timer for **1 minute**.
That's it! You can do anything for one minute.

3. FOCUS & GO!



Work on your space until the timer rings.
Ideas for what to do:

- ☐ Remove trash
- ☐ Put things where they belong
- ☐ Let go of what you don't use
- ☐ Wipe the surface
- ☐ Straighten and simplify

4. FEEL THE DIFFERENCE



Take a look! Even one minute can make a difference.

How does it feel?

- ☐ Better!
- ☐ Motivated to keep going
- ☐ Proud of myself

5. KEEP THE MOMENTUM



Want to keep going? Try another 1-minute challenge tomorrow or in a different area.



What area will you tackle next?



Remember: You don't need more time.

You just need to start.



DATE: _____

