

The 20-Minute House Reset

Get the place back under control, fast

STILL DAD

Set a timer. Go room by room. Do not stop to organize. Just reset. This is about function, not perfection.

KITCHEN 5 MIN

- Load everything in the sink into the dishwasher or wash it
- Wipe the counter in one pass left to right
- Throw away any visible trash or food wrappers
- Wipe the stovetop
- Put away anything on the counter that has a home

LIVING ROOM 3 MIN

- Grab anything that belongs in another room and move it to the door
- Straighten couch cushions and throw blanket
- Stack or move any papers off the coffee table
- Carry stuff from the door to where it belongs

BATHROOM 4 MIN

- Wipe the sink and counter
- Quick wipe of the toilet seat and rim
- Put away anything left out on the counter
- Replace toilet paper if low
- Hang towels or move damp ones to dry
- Put a clean hand towel out

BEFORE THE KIDS ARRIVE

Do this 30 minutes before pickup or arrival.

- Run the 20-minute reset above
- Make sure their room has clean sheets or at least a made bed
- Put any food they like in the kitchen where they can see it
- Have their stuff from last time put away or set out
- Clear the bathroom of adult products they don't need to see
- Check the toilet and make sure it's clean
- Have something ready for them: snack, activity, or just a plan for the next hour
- Put your phone down when they walk in

KIDS' SPACE 5 MIN

- Clear the floor: put things in bins, not away perfectly
- Make the bed or at least straighten the blanket
- Put dirty clothes in the hamper
- Put clean clothes in the drawer
- Make sure there's something to do visible: a book, a toy, a game

YOUR SPACE 3 MIN

- Make the bed: takes 90 seconds, changes the whole room
- Clothes off the floor: hamper or back in the closet
- Clear the nightstand

A clean space lowers everyone's anxiety, including yours. You don't need a perfect home. You need one that feels calm when they walk in.

