

Tidy 15

BETTER EVERYDAY 5

This habit is simple to explain, but harder to put into practice. **Spend 15 minutes tidying up one area of your space.**

Each day, create some intention around a space that has been bugging you, and dedicate 15 minutes to making it better. The small habits add up!



HOW TO USE THIS RESOURCE

Tidy 15 is meant to touch the spaces you don't get to everyday but sometimes you might struggle with what that is - why not make a game out of it! Print this paper and cut out the strips below. Place them in a jar & when you are struggling with a space to tidy, pick one out of the jar! The bottom 5 are for you to fill in!

CLEAN OUT BATHROOM DRAWER	CLEAN OUT JUNK DRAWER	RESET TOY BINS/ PLAY AREA	CLEAN WINDOWS	CLEAN WINDOWS
CLEAN UNDER COUCH & CUSHIONS	CLEAN UNDER BED	CLEAN AIR VENTS IN HOUSE	VACUUM OUT YOUR CAR	DUST SHELVES & PHOTOS
DUST SHELVES & PHOTOS	WIPE DOWN DOOR HANDLES	CLEAN OUT & WIPE DOWN FRIDGE	ORGANIZE PAPERS OF LIFE	WASH SHEETS/ RUGS