MamakTips

My 15-Minute Tidy-Up Checklist

Digital Download — Printable Edition

Reset any small area of your home in just 15 minutes.
Progress over perfection — always.

What This Download Is For

Quick & Focused

Set a 15-minute timer and tackle just one small area — no marathon cleaning sessions needed.

Simple Checklist Format

Pre-built general tasks plus blank spaces so you can customize it to any room or situation.

Progress Over Perfection

A gentle, stress-free approach designed to encourage action, not overwhelm.

Print & Reuse

Designed for standard 8.5" × 11" paper — print as many copies as you need, any time.

The Checklist — At a Glance

Feeling overwhelmed by clutter? Set a timer for 15 minutes and use this checklist to bring calm back to one small area. Focus on progress, not perfection!

Date: _____

Area to Focus On: _____

General Tidy-Up Tasks (Choose 1–3 for your 15 minutes!)

- ☐ Put Things Away — Return misplaced items to their designated homes.
- ☐ Clear & Wipe One Surface — Clear a counter, then give it a quick wipe.
- ☐ Clear the Floor — Pick up anything that doesn't belong on the floor.
- ☐ Straighten Up — Fluff pillows, fold blankets, or align items neatly.

Custom Tasks & Mamak's Tip

My Custom Tidy-Up Tasks

Add your own specific tasks here!

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

💡 Mamak's Tip

Try linking your 15-minute tidy-up to an existing routine — like after your morning coffee or before bed. Habit stacking makes it easy to stay consistent without extra willpower!