# Home Reset Pack

*For the house that got away. One surface at a time, no guilt anywhere.*

3 WORKSHEETS INSIDE

1. Weekly Home Reset
   *The week, sorted by energy not obligation*
2. One Surface Reset
   *Five minutes, one surface, then stop*
3. Paperwork Triage
   *The migrating pile, sorted in one pass*

Every sheet is fillable. Type into it in any PDF reader, or print it and write.

A worksheet, not a system. Half-filled counts.

NEURO–NICHE

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# Weekly Home Reset

*Sorted by energy, not by what you think you should manage.*

A worksheet, not a system. Half-filled counts.

## 1 Barely any energy (2-5 minutes)

- [ ] One surface, five minutes, then stop
- [ ] .....
- [ ] .....
- [ ] .....

## 2 Some energy (10-20 minutes)

- [ ] The three-box sort on one pile (bin / home / needs something)
- [ ] .....
- [ ] .....
- [ ] .....

## 3 A genuinely good day (30+ minutes)

- [ ] .....
- [ ] .....
- [ ] .....
- [ ] .....

## 4 This week's one non-negotiable

.....

> *Better than yesterday, and functional. That's the standard. Nothing else.*

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# One Surface Reset

*Not the room. One surface, five minutes, then stop.*

A worksheet, not a system. Half-filled counts.

## 1 The surface *one, with edges*

## 2 Timer set for *five minutes is plenty*

## 3 Everything on it goes to one of three places

| Bin | Has a home — take it | Needs something |
|---|---|---|
| | | |

## 4 The rules

- [ ] Worked only on this surface
- [ ] Did not start doing the needs-something items
- [ ] Stopped when the timer ended (stopping is part of the method)

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# Paperwork Triage

*One pass, one decision per item, three options only.*

A worksheet, not a system. Half-filled counts.

## 1 The pile, sorted once

| Bin (an honest half) | Has a home — take it | Needs something |
| --- | --- | --- |
| | | |

## 2 The needs-something box gets its own five minutes on *a day this week*

## 3 The rules

- [ ] One decision per item, no reading things properly
- [ ] Did not start filling anything in mid-sort
- [ ] Mystery cable grieved and binned