

5. Micro-Cleaning Cycles (2–5 Minutes)

(Small bursts of effort → equal rest time. Designed for ND brains.)

Cycle Structure

1. Effort: 2–5 minutes
2. Rest: 2–5 minutes
3. Repeat only if your body says yes

Examples of Micro-Wins

- Throw away 5 things
- Gather all dishes in the room
- Fold 3 towels
- Wipe a 6-inch surface
- Clear one floor patch
- Start one load of laundry
- Empty one trash bag
- Put away 5 items from the floater bin

You Can Stop Anytime.

Stopping is success, too.