

2. One-Square-Foot Cleaning Guide

(The simplest way to start. Perfect when you don't know where to begin.)

The rule:

Clean ONE square foot. Only one.

Steps

1. Identify a tiny area (1x1 ft) — a corner of the counter, a floor patch, one part of your nightstand.
2. Set a 1–3 minute timer (optional).
3. Pick up ONLY what's inside that tiny square.
4. Sort into your three bins (trash / dishes / laundry).
5. Stop when the square is complete.

Why it works

- Minimizes decision fatigue
- Reduces visual chaos
- Gives fast wins (dopamine boost)
- Helps unfreeze from shutdown
- Keeps your nervous system in a safe zone

Affirmation

“I only need to handle what's right in front of me.”