

4. Three-Bin Triage System (Fast, ND-Friendly Sorting)

Bin 1: TRASH / COMPOST

Food wrappers, papers, receipts, broken items, old containers.

Bin 2: DISHES

All cups, mugs, plates, silverware — no decisions, just gather.

Bin 3: LAUNDRY

Clothing, towels, blankets — clean or dirty doesn't matter yet.

Bonus Bin (optional): FLOATER BIN

For items that don't belong in the other bins and you're not ready to organize.

How to Use Your Bins

- Sit or stand in a small area
- Pick up items only within your reach
- Sort them into one of the bins
- Don't organize anything yet — triage first
- Take dishes to the sink, trash out, laundry to the basket
- Leave the "floater bin" for a calmer day

Mantra

"Sort now, organize later."