

Straighten a messy
room

Load or unload the
dishwasher

Iron clothes for the
day

Take out
recycling/trash

Clear out backpack
or briefcase

Wipe down kitchen or
bathroom countertop

Update your
calendar

Clear out a junk
drawer

Clean eyeglasses
or sunglasses

Feed your
pet

Enjoy a cup of coffee or
eat a leisurely breakfast

Empty
dehumidifier

Write a thank you note
to a teacher or special
someone

Pull out meat or
leftovers from
freezer to defrost

Vacuum dryer lint
screen

Remove junk from
your car

2-handed dust 1-2
rooms

Vacuum or mop
1-2 rooms

Toss in a load of
laundry

Fold & put away
laundry

Create or update
grocery list

File or pay bills

Clean/sanitize
toothbrushes

Plan weekly menu

Water Plants

Prep Dinner

Daily
Gratitude

Clean
Litterbox

Make Your
Bed

Strip bed
linens to laundry

Stretch or add 5-10
min to workout

Make
lunches