



A SIR TIDY FREE RESOURCE

THE 15-MINUTE RESET

One small space.
One simple system.
A little less noise.

A practical guide to getting started when you don't know where to begin.

Designed to work on screen or on paper.

Small enough to start. Useful enough to repeat.

01 THE IDEA

You don't need to organize your home. You only need to start somewhere.

When a space feels overwhelming, we often make the task bigger than it needs to be: the whole kitchen, the whole wardrobe, the whole house.

Don't.

For the next 15 minutes, your home can wait. Choose one small space: a drawer, one shelf, your bedside table, the bathroom counter, or the place where your keys always end up.

That's enough.

WHY SMALL?

A smaller target reduces the number of decisions competing for your attention. The goal is not to create a habit in 15 minutes. It is to create a clear action that feels possible to repeat.

02 BEFORE YOU START

First, make it easy.

Set a timer for 15 minutes. Choose ONE:

- | | |
|--------------------------------------|---|
| ☐ One drawer | ☐ One small category |
| ☐ One shelf | ☐ One problem spot |
| ☐ One surface | |

YOUR ONLY RULE:

Choose something small enough that you believe you can finish. If you're thinking, "I could probably do more..." Good. Don't. Start here.

03 THE RESET

Four simple moves. 15 minutes.

Set a timer. You don't need more time than that.

01 REMOVE

Take everything out of the small space you've chosen.
Not the room. Just that space.

02 DECIDE

Ask: Do I use this? Does it belong here? Make three
groups: STAYS · MOVES · GOES.

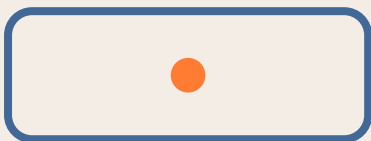
03 RETURN

Put back only what belongs there. Give the things you
use most the easiest place to reach.

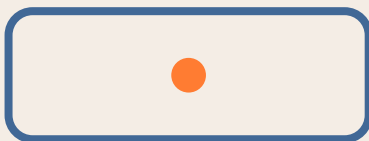
04 STOP

When your 15 minutes are over, stop. Look at what
changed. You don't need to keep going for this to count.

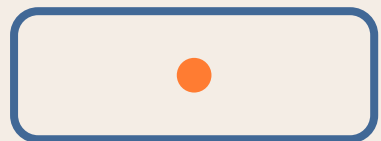
STAYS



MOVES



GOES



THE REWARD IS THE VISIBLE CHANGE

No points. No streaks. No perfect room. The useful reward is seeing one part of your home
work better than it did 15 minutes ago.

04 OBSERVE

The part most people skip.

Don't rush to buy organizers. Observe first. Look at the small space you just reset.

- What usually lands here?
- What do you reach for most?
- What keeps ending up in the wrong place?
- What feels inconvenient?

Then change one thing.

Maybe the keys need to live closer to the door. Maybe the everyday mugs belong on the lower shelf. Maybe something you rarely use doesn't need the easiest spot.

Good organization starts with how you live.

Not with where things “should” go.

05 MAKE TOMORROW EASIER

Don't rely on remembering.

Make the next action obvious by linking it to a situation that already happens.

INSTEAD OF / TRY

Instead of: “I should keep this tidy.” Try: “When I come home, my keys go here.”

YOUR TURN

When _____

I will _____

06 YOU'RE DONE

That's it.

You didn't organize your home.

You didn't need to.

You made one part of it work a little better.

Tomorrow, you can choose another. Or not.

Your home doesn't need to be perfect.

It needs to work for you.

WANT TO REPEAT THE RESET?

☐ Another drawer

☐ One shelf

☐ Your bedside table

☐ The place where things always pile up

ONE MORE THOUGHT

Small changes become easier to repeat when they have a place in everyday life. You do not have to turn this into a challenge, streak or perfect routine. A useful system is one you can come back to.

Try this first.

If you discover that the problem is bigger than one drawer, that's where I can help.

FIND THE RIGHT SERVICE

No pressure. Just a next step, if you want one.

The thinking behind this guide

RESEARCH & DESIGN INFLUENCES

This guide draws on research into habit formation and implementation intentions, alongside practical behavior-design ideas from Atomic Habits by James Clear and Hooked by Nir Eyal. The books are influences on the guide's design; the scientific claims below come from the cited research.

RESEARCH

Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2010). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40, 998-1009.
doi:10.1002/ejsp.674

Gollwitzer, P. M., & Sheeran, P. (2006). Implementation intentions and goal achievement: A meta-analysis of effects and processes. *Advances in Experimental Social Psychology*, 38, 69-119.
doi:10.1016/S0065-2601(06)38002-1

DESIGN INFLUENCES

James Clear - Atomic Habits: small changes, reducing friction, making desired actions easy and satisfying.

Nir Eyal - Hooked: trigger → action → variable reward → investment, applied here only in support of a beneficial routine.

SIR TIDY IS ABOUT LEARNING A SYSTEM - NOT BECOMING DEPENDENT ON ONE.

Use what helps. Adjust what does not. Your home has to work for the person who lives there.