One-room reset when the whole house feels overwhelming

Choose one small area and finish one visible task instead of attempting everything.

Three steps

1. Choose one room
2. Define a finish line you can see
3. Set a time limit and stop at the finish line

A worked example

Room	Kitchen
Visible problem	Messy counter
Small task	Clear and wipe one counter
Stop when	Counter is clear

A clear counter is the result; the rest of the kitchen is not part of this session.

Avoid mixing cleaning chemicals. Rest or ask for help if needed.

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Use one row per item or decision. Start with what you know.

Room	Visible problem	Small task	Stop when

My next action / when