

Sunday Reset (90 minutes)

A 90-minute Sunday sequence for a normal UK household. This is not a 45-minute starter and it is not a four-hour purge. Named blocks already add to 90. Pre-filled names and minutes; empty checkboxes and notes for you.

Set a 90-minute timer. Do the blocks in order. Stop when the timer ends.

90-minute Sunday sequence

25 min	Kitchen Empty the sink, wipe the hob, bins out if it is collection night, fridge check, leftovers labelled with a day. ☐ Done Notes
20 min	Clothes One load on. Monday clothes on a chair. School / work kit out of the bag, not a wardrobe audit. ☐ Done Notes
15 min	Calendar Open the week. Write only what would ruin it if forgotten: appointment, bin night, the job with a real start time. ☐ Done Notes
20 min	Bags Work bag, school bag, keys, charger, permission slip, the letter in the lining. Bin, file, or put back. ☐ Done Notes
10 min	Ten-minute digital Downloads folder, desktop, camera-roll dump, inbox glance. Ten minutes. Not a new filing system. ☐ Done Notes

Kitchen 25 + clothes 20 + calendar 15 + bags 20 + ten-minute digital 10 = 90 minutes.

DONE AT 90 MINUTES. Stop. Unfinished is next Sunday, not tonight's spiral.

Next-week top 3

Three must-dos for the week ahead. Not ten. If everything is important you will do email.

- 1.
- 2.
- 3.

Paid next step

The full Reset Routine is the paid next step: daily, weekly, monthly, seasonal, room-by-room and digital resets with a done-for-today line. Then the Life Admin Bundle (weekly planner, habit tracker, life admin checklist, reset routine) if you want the four files in one pack.