



# 5-MINUTE TASK LIST

Short on time? Learn to use your fringe minutes wisely.

Pick a quick chore off this list, set a timer, and do what you can with the time available.

## BEDROOMS:

- Make bed
- Hang up clothes
- Clear off nightstand

## OUTDOORS:

- Sweep porch
- Put away abandoned shoes
- Water plants

## KITCHEN:

- Empty dishwasher
- Load dishwasher
- Clean countertops
- Clean microwave
- Take stock of leftovers
- Toss anything expired
- Plan tomorrow's menu
- Wipe down appliances

## PAPERWORK:

- Sort through mail
- Clear off your desk
- File papers
- Pay bills
- Review to-do list
- Organize a drawer

## LIVING AREAS:

- Dust furniture
- Tidy room
- Vacuum rugs
- Clean under sofa cushions

## RELATIONSHIPS:

- Read to your child
- Play a card game together
- Text encouragement to spouse
- Pen a letter to a loved one
- Share a cup of tea

## UTILITY ROOM:

- Start a load of laundry
- Fold a load of laundry
- Sew on a button
- Mend a seam
- Clean lint traps
- Match socks

## SELF-CARE:

- Read your Bible
- Say a prayer
- Drink some water
- Do sit-ups/ jumping jacks
- Take a quick shower
- Eat a healthy snack
- File/paint your nails