



Good Enough Cleaning: Calm Reset Plan

Use this worksheet to reset your space back to your calm limit — not perfect, just enough to help your brain settle when time or energy is limited.

1. Identify Your Calm Limit Signals

<input type="checkbox"/> Tension / irritability	<input type="checkbox"/> Trouble focusing	<input type="checkbox"/> Avoiding the space
<input type="checkbox"/> Mental clutter	<input type="checkbox"/> Low energy / shutdown	<input type="checkbox"/> Other: _____

2. Choose One 'Good Enough' Reset Goal

Specific reset action:
Time limit (circle): 5 min 10 min 20 min 30 min

3. Define the Finish Line (When I Stop)

I will stop when:

4. After the Reset, I Notice:

One thing that feels calmer or easier now:
