

# Set a timer. Race it.

Pick the time you actually have, set a real timer, and do only that block. Good-enough beats thorough today. When it buzzes, you stop — even mid-task.

<p><input type="radio"/> <b>5</b> MIN · DOORWAY PANIC</p>	<p><input type="checkbox"/> Clear one main surface</p> <p><input type="checkbox"/> Shoes + coats out of sight</p>	<p><input type="checkbox"/> Dishes into the sink or dishwasher</p> <p><input type="checkbox"/> Swap the trash bag</p>
<p><input type="radio"/> <b>10</b> MIN · ONE PODCAST'S WORTH</p>	<p><input type="checkbox"/> Wipe bathroom sink + mirror</p> <p><input type="checkbox"/> Floor pickup — no vacuum yet</p>	<p><input type="checkbox"/> Fluff couch, fold the blanket</p> <p><input type="checkbox"/> Wipe the kitchen counters</p>
<p><input type="radio"/> <b>15</b> MIN · THEY'RE ON THE WAY</p>	<p><input type="checkbox"/> Quick vacuum the main path</p> <p><input type="checkbox"/> Mail + clutter into one pile</p>	<p><input type="checkbox"/> Toilet swish + flush</p> <p><input type="checkbox"/> Cups + dishes back to kitchen</p>
<p><input type="radio"/> <b>20</b> MIN · FULL SPRINT</p>	<p><input type="checkbox"/> Reset one whole room, start to finish</p> <p><input type="checkbox"/> Clutter into one hidden basket</p>	<p><input type="checkbox"/> Wipe every visible surface</p> <p><input type="checkbox"/> Light a candle — you're done</p>

**When the timer buzzes → stop. Mid-task is fine.**

**STOPPING ON TIME IS THE WIN**