

Home Routines

These are the parts of my day where I pair tasks with something else, so I don't have to think about them, schedule them or add them to a to-do list.

Morning

- Take a cloth into the shower to wipe down the walls and shelves
 - While the coffee maker heats up, I put away dishes that dried on the rack overnight
 - Sit outside (or just inside the sliding screen door to keep the indoor cats company) while I drink my coffee. Rest. Breathe. Be outdoors.
 - Walk to work
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Anytime

- When my hands get dirty, from tending to plants or handling wet socks from a rain storm or *whatever*, I clean the kitty litter box before washing them.
 - As groceries or household supplies get low, we write them on a list in the kitchen. If it's something we buy at the bulk store, I put a container for it into the 'bulk store bag' at the same time.
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While Waiting for Food to Cook (in all those little gaps between steps in a recipe, or while things heat in the microwave)

- Clean up any dishes on the counter
 - Wipe the counter
 - Do stretches
 - Wipe cupboard and fridge door handles
 - Dance
 - Check the fridge for anything that needs to be eaten soon
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Evening

- Wipe bathroom counter while I brush my teeth / swish with mouthwash
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