

60 “Seven Minute” Ideas for Home

- Make a list of your “5 before 11”™ to do list
- Clean out your car
- Complete 10 push ups, 10 sit ups, and 10 jumping jacks
- Organize a weekly “job list” for your kids on a magnet board or dry-erase board
- Pack tomorrow’s lunch
- Clean out your junk drawer
- Call a friend to catch up
- Invite a neighbor over for dinner
- Schedule your year-end review with your CPA & Financial Advisor
- Pack up magazines and give them to a nursing home/woman’s shelter
- Sign up for the Do Not Call list at www.donot-call.gov
- Water your plants and flower
- Replace any burned out light bulbs in your home
- Drink a glass of water
- Create a recycle bin at home
- Clean your ceiling fans
- Cancel and destroy any unnecessary credit cards
- Schedule a vet visit for your pets
- Donate blood
- Remove any extra keys from your key ring
- Download and use the grocery list from our resource page at our website
- Clean out your purse/wallet
- Schedule your annual physical
- Create a “tax file” that is easily accessible so you can stash those receipts throughout the year
- Clean out your fridge
- Wipe out the microwave
- Plan your Christmas list
- Place recent photos around your home
- Write a menu for the week
- Drive through the car wash
- Clean your jewelry
- Pick out your work clothes and iron them before you go to bed
- Eat a piece of fruit
- Give away clothes you haven’t worn in a year
- Condense your medicine cabinets
- Buy a moleskin notebook for your purse/car for notes
- Take a family picture
- Make a list of things to do tomorrow
- Give away any dishes that you don’t use
- Schedule a time to volunteer for one of your favorite charities
- Video tape your home contents for insurance reasons
- Set the kitchen timer and have the whole family “pick up” the house as fast as they can
- Review your monthly budget
- Stock your home with bottled water, food that does not have to be heated, pet food, batteries and a weather radio
- Download the Red Cross Emergency Checklist
- Place bottled water and a few healthy snacks in your car
- Handwrite a thank-you note
- Pay bills
- Walk for seven minutes
- Make an appointment to change the oil in your car
- Make a list of everything in your home that needs to be repaired
- Read an inspiring article
- Take 30 minutes to work on your hobby
- Buy a Magic Eraser and clean up scuffs on floors, doors and walls
- Set up pay checks for direct deposit
- Clean up your makeup bag
- Cook a meal
- Meditate
- Pray



The 7 Minute Life™

We are a time management company that specializes in training and coaching to make your life simpler and happier.