

Three 15-Minute Reset Cards

Version 0.2 · Free validation edition · reset-cards-v2

A practical starter pack for the three lanes of this studio: an elevated home reset, an everyday kitchen reset, and a five-minute household fix.

These cards provide optional organisation prompts. They are not medical, nutritional, financial, legal or professional advice, and they are not a nutrition, weight, safety-certification or outcome programme. Adapt them to your own household, access needs, dietary requirements and local food-safety guidance. The goal is a smaller next step ? not a perfect result, and not a guaranteed amount of time saved.

Each card belongs to a lane represented by a fictional AI-created character. The characters are invented for this validation edition; they have no personal experience, no clients and no professional certification.

Card 1 ? The Elevated Reset (home, wardrobe and the weekly close)

Use when: a space is full but still not usable, and every drawer or rail is a decision you keep postponing.

Start with one line, not one room. Choose the smallest area that is currently irritating you: one rail, one surface, one shelf, one closed cabinet.

15-minute run

Minutes 0?3 ? Name the friction. Write the single sentence you would say out loud about this space.

(Example: "It is full and I still wear the same things.")

Minutes 3?6 ? Set the standard. Decide the one rule this space has to keep. *(Examples: one category per shelf; nothing crosses the preparation line; the week closes on a written finish line.)*

Minutes 6?10 ? One decisive removal. Remove exactly one duplicate, unmatched or never-reached item. One, not a pile.

Minutes 10?13 ? Give one thing a landing place. Use something you already own. Do not buy a container to solve a decision.

Minutes 13?15 ? Rehearse the finish. Put the space back the way the standard says it should look, then stop.

Close the loop:

My one-line friction is: _____

The standard this space keeps is: _____

The single item I removed is: _____

Stop rule: one rule, one removal and one landing place complete the card. The rest of the room can wait.

Card 2 ? The Everyday Kitchen Reset (method and the grocery decision)

Use when: you are deciding dinner at the hungriest moment of the day, or the grocery list keeps growing without getting more useful.

This is a planning and cooking-method card. It is general education, not medical or nutritional advice. Follow your own household's dietary, allergy, storage, reheating and food-safety requirements, and your local food-safety guidance.

15-minute run

Minutes 0?3 ? Check what needs a decision first. List up to three ingredients or prepared items already available:

_____ 2. _____ 3. _____

Minutes 3?6 ? Pick the method before the ingredients. Circle one cooking method you will actually use tonight: one pan / tray / pot of soup or stew / pasta or noodles / sandwich or wrap / leftovers plate / other: _____

Minutes 6?9 ? Apply three questions. What is the main component? What goes alongside it? What finishes it? Write one answer to each.

Minutes 9?12 ? Give leftovers a job before they are stored. For anything going into a container, write what it becomes and when: _____

Minutes 12?15 ? Make the list tiny and honest. Two columns, not one: meals you have chosen, and staples to check before you leave. Everything else is an optional extra.

Decision record:

Tonight's method / chosen meal: _____

Backup if the plan changes: _____

Leftovers become, on: _____

Stop rule: one chosen method and one workable backup complete the card. Variety can wait.

Card 3 ? The Five-Minute Fix (household quick wins)

Use when: the friction is small, repeatable and sits somewhere in your day ? an arrivals pile, a surface that will not stay clear, a step that always happens too late.

The rule that makes this card work: fix one repeated moment, not one whole room.

15-minute run

Minutes 0?3 ? Pick one repeated moment. Not a mood, not a season ? a moment that happens most days.

(Examples: arriving home; starting to cook; the table before a meal; the five minutes before leaving.)

Minutes 3?6 ? Name what that moment needs. One thing it currently lacks: a place for something to land, a clear path, a single visible cue.

Minutes 6?10 ? Build it from what exists. Use a tray, a hook, a basket, a bowl or an empty shelf you already own. No purchase and no new system.

Minutes 10?13 ? Run the moment once. Walk through it now, in real time, with the real items. Note the one step that still snags.

Minutes 13?15 ? Write the one-line rule. A rule you could say to another adult in one breath:

Close the loop:

The repeated moment I am fixing is: _____

The one thing it was missing: _____

The five-minute add-on that still snags: _____

Stop rule: one moment runs cleaner than it did fifteen minutes ago, and you have written the rule. That completes the card.

One-Week Test

Use one card on three separate days. After each run, record only this:

Date Card Did I finish the card? What still snagged One change for next time

Yes / No

Yes / No

Yes / No

A "No" is useful feedback about the card, not a personal failure. The correct response is to shorten or change the routine, not to try harder.

What this card set is not

It is not a nutrition plan, a diet, a weight programme or a health intervention.

It is not a claim about how much time, money or effort you will save.

It is not a professional organising, culinary, cleaning or safety service, and it confers no certification.

It is not a finished product. This validation edition is free, and its next version will be shaped by what people actually report using it.

Transparency: This resource supports a portfolio of fictional AI-created characters. Their images, voices,

stories and videos may be generated or edited with AI. The characters have no personal experiences, clients or professional credentials. Cards 1?3 correspond to three separate fictional characters; none of them is a real person and none of them is presented as holding a qualification.

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