The Week

MR. LIFE MANAGER
Dave's system, on one page

EVERY NIGHT, BEFORE BED · ABOUT TEN MINUTES

1 Empty the sink
Completely. Dishwasher or washed.

2 Wipe the counters
And the table you eat at.

3 One lap
Put back anything not where it lives.

This is the part that matters. A kitchen reset every night never needs rescuing. Skip it four days and you have a project.

DAY	THE ONE JOB, ON TOP OF THE NIGHTLY TEN MINUTES
Monday	**Floors** Sweep, vacuum or mop. Dust what needs it — blinds, mirrors, shelves. Include the entry and stairs.
Tuesday	**Laundry, start to finish** Wash, dry, fold, and put it away the same day. Folded and left in the basket doesn't count.
Wednesday	**Bedroom and the main bathroom** Floors, surfaces, mirror, toilet, sink, tub. Check whether the windows need doing.
Thursday	**The kitchen, properly** Appliances, cabinet fronts, and clear the old food out of the fridge. Wipe the shelves while it's empty.
Friday	*Nothing extra. Just the nightly ten.*
Saturday	**The other bathroom, and the car** Second bathroom top to bottom. Sweep the garage. Clear out the car and the trunk.
Sunday	*Nothing extra. Just the nightly ten.*

IF YOU ONLY DO ONE THING
Empty the sink before bed.

Move jobs to whichever day suits you. **But everything on the list is done by Sunday night.** The order is yours. The finishing isn't.

Before any of this works, the place has to start at zero once — everything with a home, nothing left to deal with later. Then this keeps it there.

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