



FROM THE HAPPY ATRIUM · ENVIRONMENTAL

The 10-Minute Reset

*You don't need a weekend to reset a room.
You need ten minutes and this list.*

01

Clear One Surface

2 MINUTES

Pick one: your desk, a counter, the nightstand. Clear it completely — not organize, just clear.



02

Let Air and Light In

1 MINUTE

Open a window or the blinds, even briefly. Let the room breathe for a moment.



03

Step Outside

5 MINUTES

No phone, no destination. Just outside, for five minutes. That's the whole instruction.



04

One Thing Back Where It Belongs

2 MINUTES

Pick a single misplaced item and return it to its actual home. Just one.



*And if none of that fits today: open a window.
That's it. That's the whole ask.*

Want to make it a habit?

Our guided journal has space for this, every week →

The
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