FamilyManager™

7-MINUTE NIGHTLY SPRINT

Start a seven-minute nightly clean-up routine. Some time after dinner and before bedtime, set the kitchen timer for seven minutes. Put on some music and have family members pick up and put up for seven minutes. Throw away today's paper, plump the sofa pillows fold the throws, pick up the day's clutter. In seven minutes someone can even vacuum one room, clean the sink and mirror in a bathroom, or do a little dusting. If you start a routine of doing this every night, you'll be amazed at how you can do a better job of staying on top of housework and clutter.

List some tasks your family could accomplish in seven minutes each night that would help keep up with housecleaning and clutter.

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