

How to Keep House While Drowning

by K.C. Davis

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

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01

Run a five-things reset

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Spend ten minutes touching only trash, dishes, laundry, things with a place, and things without a place. Stop when function improves.

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02

Make one task morally neutral

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Choose the chore that carries the most shame and rewrite it as a service: future eating, future dressing, future comfort, or future safety.

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03

Build a low-capacity version

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For one recurring care task, design the smallest acceptable version: paper plates, a visible hamper, a chair shower, or a snack basket.

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04

Leave a reset point

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Before you stop, create one obvious next step so tomorrow starts with an invitation instead of a wall.

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05

Ask what support would change

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Instead of asking why you cannot keep up, ask what tool, placement, body-double, reminder, or permission would make the task easier.