GRETCHEN RUBIN'S

Desk-Cleaning Bingo

Can you complete a row or column?

EMPTY TRASH OR RECYCLING	CLEAR AND DUST WINDOW SILLS	CLEAN COMPUTER SCREEN	WATER PLANTS	CLEAN KEY BOARD (hold upside down and gently shake to remove debris, sanitize)
IDENTIFY A NEW TOOL (make working easier or more pleasant)	CLEAN EARBUDS	DUST EVERYTHING	TEND TO TCHOTCHKES (organize, replace, or remove)	CLEAN PEN CUP (dump it out, throw away dried pens, pencil stubs, junk)
ORGANIZE CORDS (unplug, untangle, and replug methodically)	CLEAR DISHES	GRETCHEN RUBIN (Free space)	WIPE DOWN DESK TOP	ORDER ANY SUPPLIES NEEDED
WIPE DOWN DESK TOP	DUST OR CLEAN LIGHT SOURCE (scrape up wax drippings, dust lamp, etc.)	CLEAN PEN CUP (dump it out, throw away dried pens, pencil stubs, junk)	SWEEP AND CLEAR UNDER DESK	EVALUATE AND CLEAR NOTES (evaluate each scrap or sticky note around your desk)
SORT DOCUMENTS (go through the papers on your desk, sort and stack into neat piles)	FIND THE INTERLOPERS (put away items that have been stored in the wrong place)	IMPROVE YOUR BACKGROUND (tend to the background of your video calls —straighten, organize, improve the lighting)	CLEAN COMPUTER SCREEN	ORGANIZE TOOLS TO BE MORE CONVENIENT (store tools so they're close at hand)

WANT MORE HABIT-BUILDING TIPS AND TOOLS?

TheHappierApp.com

Download the *Happier* app to get personalized, practical strategies for any aim.



Learn more about happiness and habit expert Gretchen Rubin's work, listen to her podcast *Happier with Gretchen Rubin*, and subscribe to her newsletter.

