

Kitchen-Clearing Bingo

Can you complete a row or column?



PUT AWAY CLEAN DISHES	LOAD THE DISHWASHER <i>(or wash dishes by hand)</i>	DEAL WITH TAKEOUT ITEMS <i>(containers, sauce packets, disposable utensils)</i>	EMPTY OUT THE GARBAGE	EMPTY OUT THE RECYCLING AND COMPOST
SWEEP THE FLOOR	WIPE DOWN THE COUNTERS	LOOK FOR INTERLOPERS AND PUT THEM AWAY <i>(mail, supplies, packaging)</i>	SCRUB THE STOVE TOP	MATCH CONTAINERS WITH THEIR LIDS AND ORGANIZE THEM
REPLACE BURNT-OUT LIGHTBULBS	CLEAR THE COUNTER OF ANYTHING THAT DOESN'T BELONG	Gretchen Rubin <i>(Free space)</i>	GIVE AWAY FREEBIES AND UNWANTED GIFTS <i>(mugs, water bottles, novelty dish towels, shot glasses)</i>	IDENTIFY AND DONATE COOKBOOKS YOU DON'T USE
SWAP A DIRTY KITCHEN TOWEL FOR A CLEAN ONE	RINSE AND REFILL DISH-SOAP DISPENSER	REPLACE YOUR SPONGE	MANAGE APPLIANCE CABLES AND LOOSE CORDS	TAKE DOWN OUTDATED ITEMS FROM THE FRIDGE <i>(mementos, notes, papers)</i>
WIPE OUT THE MICROWAVE	TACKLE ONE OVERFLOWING CABINET OR DRAWER	CLEAR AND WIPE THE SINK	STASH RARELY USED COOKING UTENSILS	SHARPEN YOUR KNIVES

WANT MORE HABIT-BUILDING TIPS AND TOOLS?

TheHappierApp.com

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

GretchenRubin.com

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