free cheat sheet

15 ways to create 15 minutes for you

harmony

1. Wake Up 15 Minutes Earlier – create quiet time in the morning.

2. Delegate Household Chores – Assign one small task to a family member or roommate.

3. Use a Meal Delivery Service– Order pre-made meals to cut down on cooking time.

4. Batch Cook – Cook meals in bulk on weekends to avoid daily prep. (HIGHLY RECOMMENDED)

5. Use Grocery Pick-Up or Delivery – Save time from in-store shopping by ordering online.

6. Limit Social Media Scrolling – Set a timer for social media use

7. Consolidate Errands – Group errands into one trip instead of spreading them throughout the week

8. Automate Bills – Set up auto-payments for recurring bills

9. Create a Daily To-Do List Prioritize tasks to avoid wasting time

10. Use Grocery Subscription Services– Automate repeat purchases

11. Listen to Podcasts/Audiobooks While Doing Chores

12. Unsubscribe from Unnecessary Emails – Reduce email clutter

13. **Limit TV Time**– Skip one episode of a show or reduce TV watching time by 15 minutes.

14. **Set Timers for Tasks** – Use a 15-minute timer to focus

15. **Combine Workouts with Family Time – Take walks with family or friends to get exercise and bond.**

BONUS TIP

Block 15 minutes of uninterrupted time daily FOR YOU! Mark it in your agenda marked THERAPIST!