

The Autumn Study Space Reset

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You are more likely to keep a practice that has a place. This is a ten-minute reset for the corner where you study — no redecorating, no shopping.

Minutes 1-3 · Remove

Clear the surface completely, then put back only what belongs.

- Take the laundry, mail, and half-finished projects out of the room entirely.
- Remove your phone charger from arm's reach.
- Anything you have not touched in a month leaves the space.

Minutes 4-6 · Light and seat

Fall mornings are dark. Light is the difference between studying and going back to bed.

- Add one warm lamp you can turn on before sunrise.
- Choose a seat that is comfortable but not the one you nap in.
- Face away from the door or the pile of tasks if you can.

Minutes 7-9 · Supplies

Everything you need within reach, so preparation is never an excuse.

- Bible, one pen you like, one notebook, one highlighter.
- Your rhythm card or habit tracker, visible.
- A blanket and a mug — small comforts make cold mornings survivable.

Minute 10 • Set it for tomorrow

Open your Bible to tomorrow's passage tonight and leave it open. You have just removed the hardest step from the morning.

Notes for this month

TAKE IT WITH YOU

A prepared corner is a small sermon: this matters enough to have a place in my house.

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