

The Work From Home Without a Desk Checklist

Free habits first, then measure, then add only what you need

1. Pick Your Work Spot

- Choose one fixed spot: the end of the kitchen table, a corner of the bedroom or a spot by a window.
- Use the same chair and the same side every day.
- Check the light: a window to your side is better than behind your screen.
- Note what else the spot is used for, like meals, so you know when you must clear it.

2. Measure Before You Buy

What	How to measure	Your number
Free floor space	Width and depth of the gap where a desk could stand	
Storage gap	Slim space behind a door, under the bed or beside the couch	
Wall space	Clear wall width and the height from the floor you want	
Wall type	Drywall, tile or brick, and whether your lease allows drilling	
Laptop	Screen size, and whether you use a mouse	

3. Free Habits That Make a Desk Out of Nothing

- Keep laptop, charger, notebook and a pen in one work basket.
- Put the basket away at the end of the work day so the room goes back to being a room.
- Raise the laptop on a few books so the screen is closer to eye level.
- Use a hard tray or cutting board under the keyboard on your lap.
- Stand up and stretch every hour.

4. Match the Problem to the Fix

Problem	Try this	Check first
Working from the couch or bed	Cushioned lap desk	Laptop size and mouse room
Need a real desk but no room	Folding desk that stores flat	Open size and the folded depth

No floor space at all	Wall-mounted fold-down desk	Lease, studs and wall type
Not sure yet	Do the free habits first	Try one fixed spot for one week

5. End-of-Day Reset (2 Minutes)

- Close the laptop and put everything in the work basket.
- Put the basket on its shelf.
- Wipe the surface you used.
- Write tomorrow's top three tasks on a sticky note.

6. No-Desk Budget

Item	Budget	Priority (1 to 3)	Bought?
Lap desk			
Folding desk			
Wall-mounted desk			
Total			