

According to me, one of the normal routines that is performed mindlessly, perhaps even daily is:

Pressing Clothes

A. Outcome:

- a. Look professional and stand out in the crowd

B. Process: Press your clothes safely to look professionally

C. Steps in the Process:

- a. Get the necessary equipment together
- b. Sort your laundry by material
- c. Check that the iron is ready
- d. Use a damp cloth when ironing lace and wool
- e. Make sure cotton and polyester fabrics are damp prior to ironing
- f. Turn delicate fabrics inside out prior to ironing
- g. Iron shirts from the collar down
- h. Always press your fabric on the backside (wrong side) whenever possible

D. If Step 1 is ignored the process might not be successful. Not following step 4 could result in burned woollen clothes. Step 6 is important to keep the clothes look better for longer

E. To keep this process more efficient, we can press the clothes even when they are damp. We can take them out of the drying cycle before they are bone dry and press them when they are still damp. This will make the clothes have less wrinkles and makes it easier to press.

F. Iron while listening to music or watching television. Invite a friend to an ironing session. Set a time limit. Keep up with the ironing

G. The different outcomes that could be produced using a similar process are

- a. Clothes look better for longer
- b. Steam kills germs and eliminates mold
- c. Improved first impressions