

weekly cleaning rhythm



Everyday Simple Tasks

- ☐ make the beds
- ☐ one load of laundry
- ☐ wash dishes
- ☐ sweep floors
- ☐ vacuum rugs / carpet
- ☐ wipe down surfaces
- ☐ tuck everything in its home

monday Deep Washing Day

- ☐ Set intention: *refresh + awaken*
- ☐ launder bed linens
- ☐ treat stained clothing
- ☐ fold + put away laundry
- ☐ _____

tuesday Outdoor Organize

- ☐ Set intention: *present + patient*
- ☐ nourish indoor plants
- ☐ tend to garden
- ☐ tidy garage + outdoor spaces
- ☐ _____

wednesday Indoor Organize

- ☐ Set intention: *order + refine*
- ☐ sift through drawers and closets
- ☐ take stock of pantry food items
- ☐ donate 5 items no longer using
- ☐ _____

thursday Windows + Floors

- ☐ Set intention: *calm + create*
- ☐ wipe down mirrors / windows
- ☐ sweep, mop, vacuum floors
- ☐ give rugs a good shake
- ☐ _____

friday Deep Clean Day

- ☐ Set intention: *release + surrender*
- ☐ dust surfaces
- ☐ condition wood pieces
- ☐ scrub toilets, sinks, showers
- ☐ _____

weekend The Recharge Days

- ☐ Set intention: *rest + restore*
- ☐ meal plan for coming week
- ☐ play and rejuvenate
- ☐ read and rest
- ☐ _____

"The humblest tasks get beautified if loving hands do them"

Louisa May Alcott

