

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

