


# 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  \_\_\_\_\_

- ☐ Set intention: *refresh + awaken*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

wednesday \_\_\_\_\_

- ☐ Set intention: *order + refine*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

friday  \_\_\_\_\_

- ☐ Set intention: *release + surrender*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

tuesday \_\_\_\_\_

- ☐ Set intention: *present + patient*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

thursday  \_\_\_\_\_

- ☐ Set intention: *calm + create*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

weekend \_\_\_\_\_

- ☐ Set intention: *rest + restore*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

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

Louisa May Alcott

