

# SIMPLE CLEANING

BY CHANELLE NEILSON COACHING



# Introduction

## SIMPLE CLEANING



Most of us want a clean home, but making it happen can sometimes feel difficult. We are going to simplify cleaning into basic, easy to do tasks.

Then, we're going to break those down even more for the days when everything goes wrong.

We can do small things to keep our house "clean enough."

### Simple Cleaning:

- Daily Tasks
- Weekly Tasks

## Daily Cleaning

### IDEAS

- Make your bed
- Clean Floors
- Wipe counters
- Tackle clutter
- Laundry



## Weekly Cleaning

### IDEAS

- Bathroom
- Dusting
- Vacuuming
- Mopping
- Catch all (rotating task/ missed tasks)

These ideas come from Becky Rapinchuk, Clean Mama. You can listen to the podcast episode she and I did together here: [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=KNwN7yg-xsM&t=2s)

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If these ideas work for you, use them. If not use the following pages to create your own cleaning schedule.





# IMPLEMENTATION INTENTION



*I will*

---

*at*

---

*in*

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I will: what is the specific thing you will do?

How will you know when it is done?

at: what time will you do it/ what event is it linked to?

in: where will it take place?



# Weekly Cleaning Schedule

## SIMPLE CLEANING

Use the ideas as a guide. What needs to be on your rotation for cleaning each week?

Do you want to have a day where your family all works together and tackles the big tasks or do you want to get it done throughout the week? Use this worksheet to create a plan for what you will do on each day.

### SUNDAY

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### MONDAY

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### TUESDAY

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# Weekly Cleaning Schedule

## SIMPLE CLEANING

### WEDNESDAY

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### THURSDAY

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### FRIDAY

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### SATURDAY

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