SIMPLE LAUNDRY

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Introduction

SIMPLE LAUNDRY



Simple Laundry is based around two things: how many clothes you have and how to keep those clothes clean. It's much easier to do the second if you take care of the first.

So, to begin, declutter your clothes and any other laundry you are responsible for (kids, towels and linens, etc.). Get rid of things that don't fit, that you have too many of, or that you just don't like anymore.

Then, we'll create habits around getting the laundry done in a way that feels simple.

- Declutter: get rid of excess
- Laundry habits

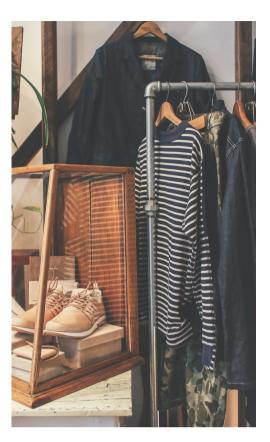
IMPLEMENTATION INTENTION

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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?

Decluttering (ist SIMPLE LAUNDRY

Tops
Pants
Skirts
Underwear
Pajamas and loungewear
Outerwear
Athletic clothes
Dresses
Socks
Swimwear
Costumes
Optional: shoes
Optional: accessories



These categories will help you get started. You can use this list to declutter your own clothes and then use it again as you go through your kids items.

TINY HABITS FOR LAUNDRY

Trigger for Starting Load Tiny Habit Reward

Trigger for Changing Load Tiny Habit Reward

Trigger for Folding Load Tiny Habit Reward

RANGE OF POSSIBILITIES FOR LAUNDRY

Minimum:

Maximum: