

SIMPLE LAUNDRY

BY CHANELLE NEILSON COACHING



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



I will

at

in

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 list

SIMPLE LAUNDRY

- Tops
 - Pants
 - Skirts
 - Underwear
 - Pajamas and loungewear
 - Outerwear
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- 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: