

DAILY CLEANING

DATE:

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EVENING	
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BEFORE BED	
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NOTES

WEEKLY CHORES

ALL ROOMS

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BEDROOM

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LIVING ROOM

<input type="checkbox"/>	
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MONTHLY CLEANING

Month: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun

SEASONAL CHORES

SPRING

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SUMMER

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SPRING

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SUMMER

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SPRING CLEANING

SUPPLIES

- Glass/wood cleaner
- Stainless steel cleaner
- All purpose cleaner
- Shower & tile cleaner
- Toilet cleaner
- Mop/mopping solution
- Bucket
- Broom
- Dusting spray
- Paper towels
- Rags or sponges
- Laundry baskets or boxes

CLOSETS

- Organize apparel
- Dust shelves, hangers
- Wipe down baseboards
- Toss or donate unused items
- Tidy jewelry
- Vacuum/sweep

BATHROOMS

- Clean counters & sink
- Clean out drawers & cabinets
- Wash windows, mirrors
- Unclog /clean drain
- Deep clean shower
- Wash shower curtain & bath mats
- Scrub the toilet and tub
- Take out trash
- Vacuum/sweep
- Mop

DINING ROOM

- Dust ceiling fan, blinds
- Dust tables, chairs, vents
- Wipe down baseboards
- Clean windows
- Dust furniture
- Organize decor
- Shake out area rug
- Vacuum/sweep

LIVING ROOM

- Dust vents, fan, tabletops
- Clean curtains, windows
- Wipe down baseboards
- Tidy display items
- Wipe down walls
- Shake out area rugs
- Check smoke detector
- Vacuum/sweep
- Dust furniture
- Wash throw rugs
- Mop

OTHER

- Dust shelves
- Wipe down baseboards
- Clean windows
- Dust furniture
- Take out trash
- Vacuum/sweep
- Mop

KITCHEN

- Clean counters, sink
- Deep clean stove
- Tidy & wipe down cabinets
- Clean drawers & cabinets
- Clean windows
- Clean microwave
- Take out trash
- Clean trash cans
- Clean counter top appliances
- Clean refrigerator
- Vacuum/sweep
- Mop

ENTRY

- Wipe down baseboards
- Organize decor
- Clean out closet
- Dust furniture + nick nacks
- Tidy jewelry
- Clean or change rugs
- Vacuum/sweep

OFFICE

- Clean windows
- Clean desk & shelves
- Organize cables
- Organize supplies
- Clean computer, keyboard
- Shred paper & trash it
- Take out trash
- Vacuum/sweep
- Mop

CLEANING BEDROOMS

DATE:

Bedroom:	
	Dresser
	Desk
	Shelves
	Under bed
	Nightstand
	Closet shelves
	Closet clothes
	Shoes
	Decor

Bedroom:	
	Dresser
	Desk
	Shelves
	Under bed
	Nightstand
	Closet shelves
	Closet clothes
	Shoes
	Decor

Bedroom:	
	Dresser
	Desk
	Shelves
	Under bed
	Nightstand
	Closet shelves
	Closet clothes
	Shoes
	Decor

Bedroom:	
	Dresser
	Desk
	Shelves
	Under bed
	Nightstand
	Closet shelves
	Closet clothes
	Shoes
	Decor

DECLUTTERING GOAL

Main decluttering goal:

Splitting goal into manageable sections

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Splitting sections into tasks

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RULES OF KON MARI

- Declutter before organizing
- Take photos of your space before you begin
- Start the tidying up process with clothes first
- Hold each item in your hands, and ask yourself, "Does this item bring me joy?"
- Before getting rid of an item, hold it and say, "Thank you"
- Fold clothes the Marie Kondo way
- Tidy sentimental items last
- Know that it will look worse before it looks better
- Do and your children will follow
- Tidy up before you move

FIND ROOT OF CLUTTER

Describe the PROBLEM:

WHY

WHY

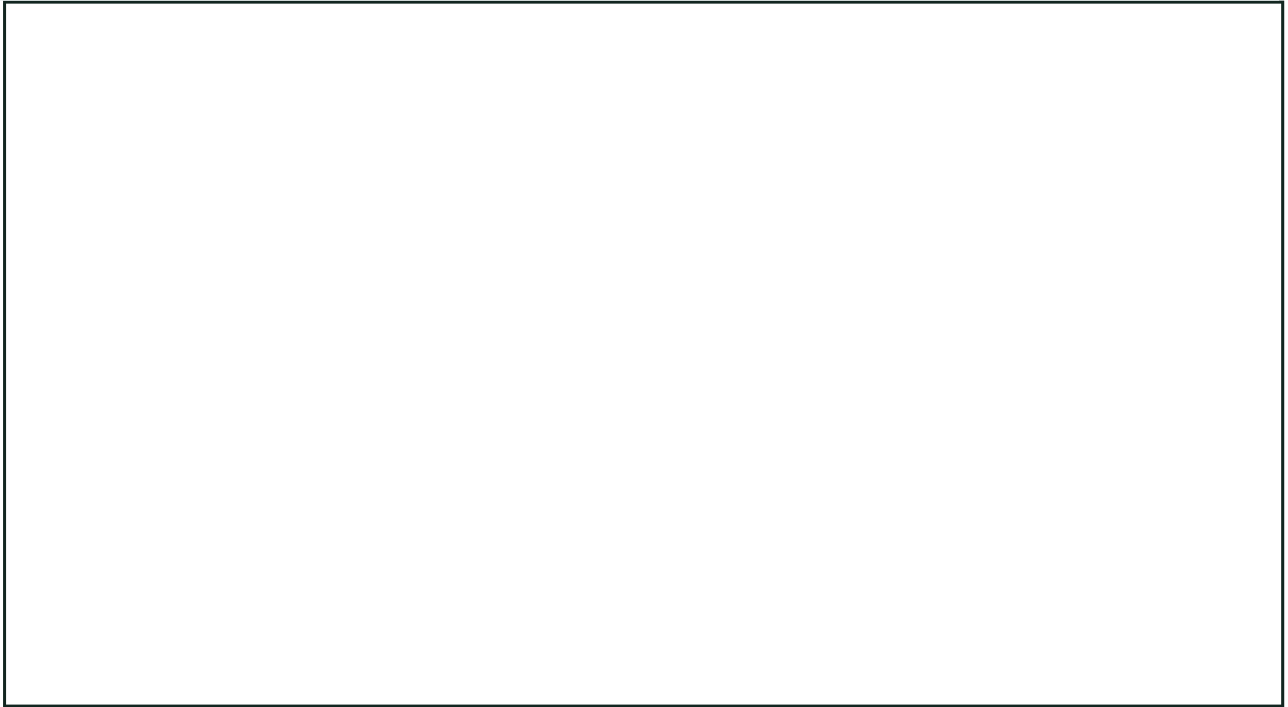
WHY

SOLUTION:

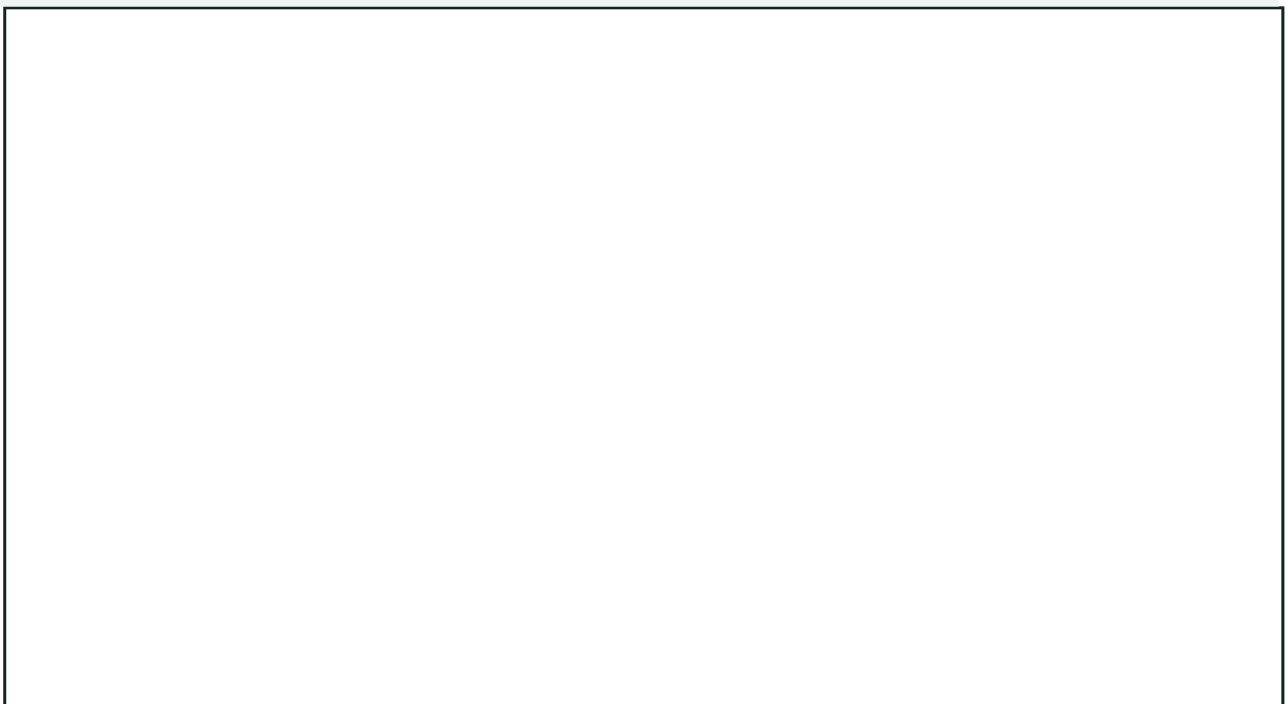
MINDSET FOCUS

BEFORE CLEANING

CURRENT SPACE FEELING & REFLECTION ABOUT YOUR LIFE

A large, empty rectangular box with a thin black border, intended for the user to write their current space feelings and reflections about their life.

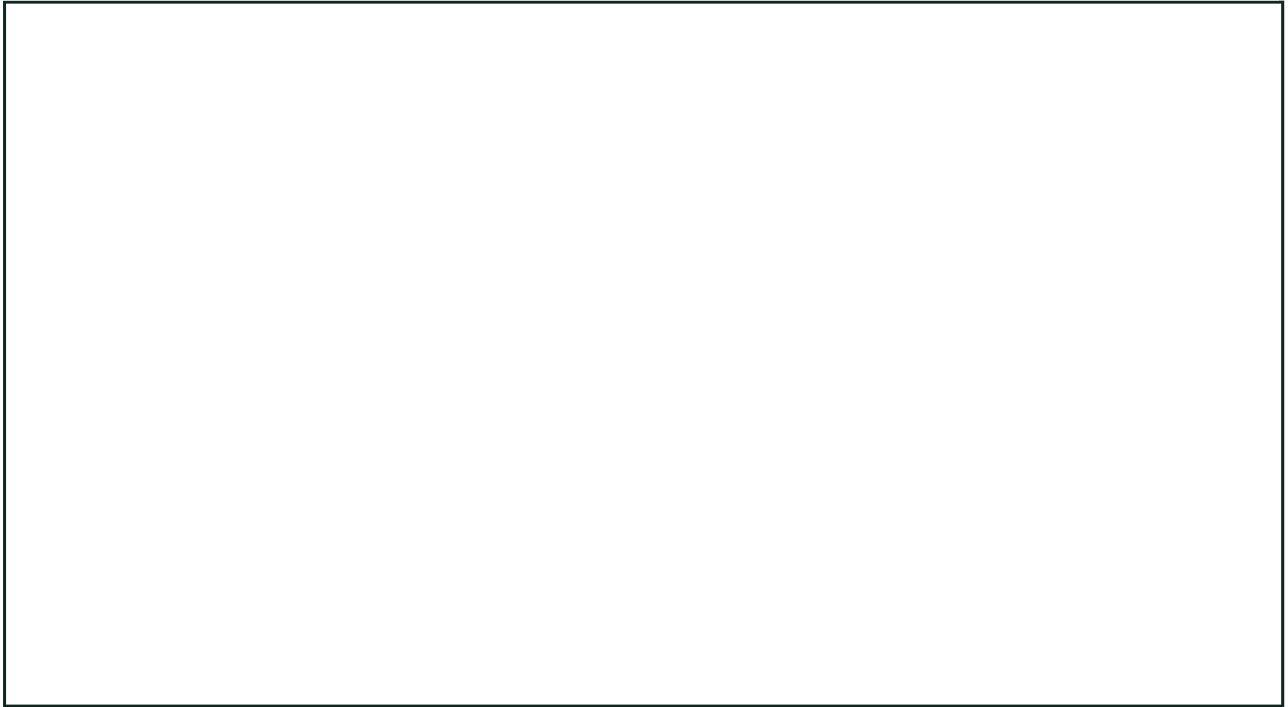
TARGET SPACE IDEAL LOOK & REFLECTION OF LIFE

A large, empty rectangular box with a thin black border, intended for the user to write their target space ideal look and reflections of their life.

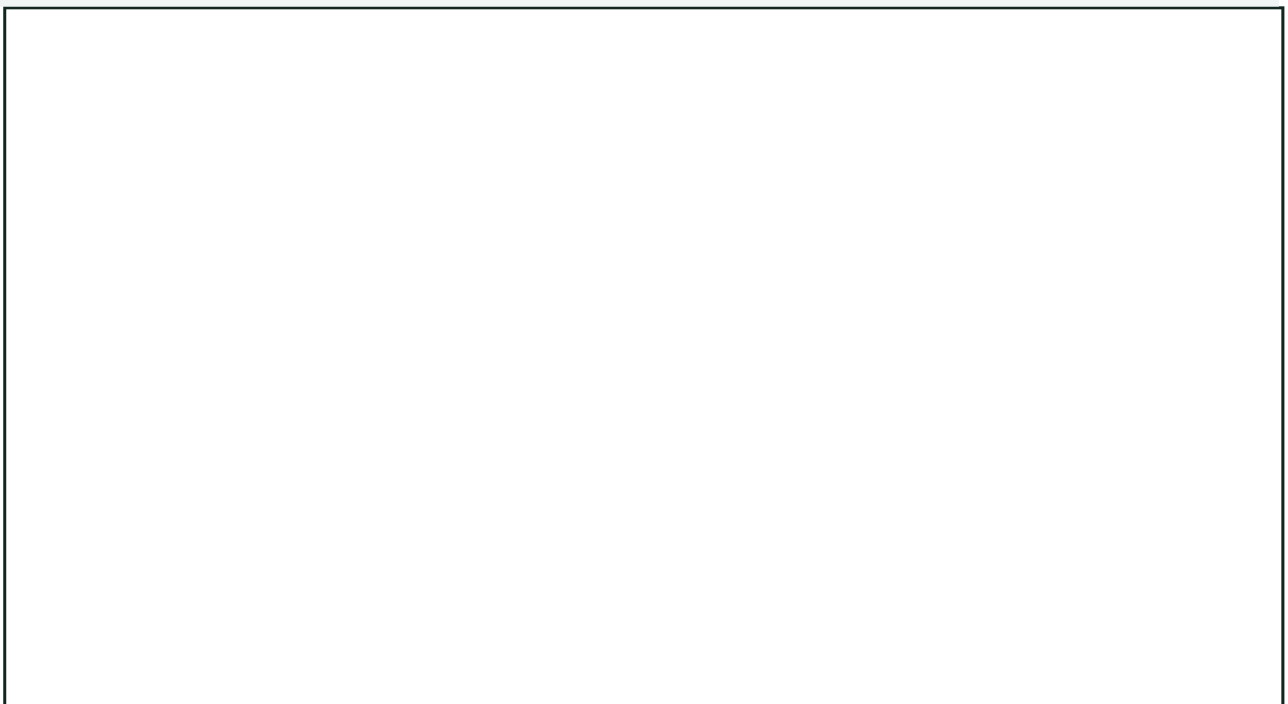
MINDSET FOCUS

AFTER CLEANING

WHAT IS IMPROVED AND LEARNT

A large, empty rectangular box with a thin black border, intended for handwritten notes or observations regarding improvements and learnings after cleaning.

CURRENT SPACE LOOK & FEEL

A large, empty rectangular box with a thin black border, intended for handwritten notes or observations regarding the current look and feel of the space.

KON MARI CHECKLIST

CLOTHES

- TOPS + SHIRTS, SWEATERS, ETC.
- BOTTOMS: PANTS, SKIRTS, ETC.
- DRESSES
- OUTWEAR
- PAJAMAS
- SOCKS AND UNDERWEAR
- BAGS
- ACCESSORIES
- COSTUMES AND UNIFORMS
- ACTIVEWEAR AND SWIM SUITS
- SHOES

BOOKS

- GENERAL
- COOKBOOKS
- MAGAZINES
- REFERENCES
- VISUAL AND PORTFOLIOS

PAPERS

- CREDIT CARD AND BANK STATEMENTS
- GREETINGS CARDS
- WARRANTIES
- MANUALS
- PAYSLIPS
- CLIPPINGS

KOMONO

- CDS, DVDS
- VALUABLES
- ELECTRONICS
- BEAUTY PRODUCTS
- HOUSEHOLD ITEMS
- KITCHEN GOODS
- HOBBY AND CRAFT ITEMS
- BEDDINGS
- TOOLS
- PASSPORTS AND CREDIT CARDS
- SPARE CHANGE
- FIGURINES AND ART
- OTHER AND RANDOM

SENTIMENTAL

- JOURNALS AND DIARIES
- LETTERS
- PHOTOS AND SCRAPBOOKS
- KIDS' KEEPSAKES
- HEIRLOOMS
- GIFTS
- TROPHIES
- SOUVENIRS

7 DAY DECLUTTER CHALLENGE

	CATEGORY	GOALS	NO OF ITEMS to DECLUTTER
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			

TASK CHART

TASKS	M	T	W	T	F	S
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NOTES

VISION BOARD
