

✦ CONSISTENCY

That's the name of the game.
When it comes to keeping up in
such a busy world and generally
getting what you want - the key
is CONSISTENCY.

But, here's the thing, so many
people get consistency
confused with perfection.
We all know they're different
things, right?

Then, why do so many of us
think we fail when we don't do
things perfectly?

Part of life is about being
flexible and shifting as needed.
Your business, kids, friends, etc
don't need you to show up
perfectly all the time - they just
need you to consistently show
up and do your best.

And it's ok if your best isn't
perfect.

Consistency does not equal
perfection.

Thank you



✦ ✦ ✦ CLEANING CHECKLIST





DIRECTIONS

1. Print the checklist on 8x10 settings
 2. Fold pages in half
 3. Cut along dotted line
 4. Laminate or use card stock.
- Enjoy





BATHROOM

Weekly

QUICK

- ☐ Wipe counters
- ☐ Clean sink
- ☐ Clean toilet
- ☐ Clean shower/tub
- ☐ Empty trash
- ☐ Clean floor
- ☐ Put away clutter
- ☐ Sanitize door knobs & light fixtures
- ☐ Remove dirty laundry
- ☐ Restock
- ☐
- ☐
- ☐

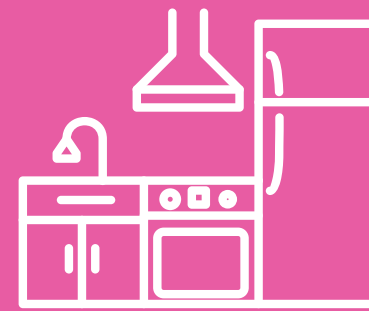
DEEP

- ☐ Quick clean plus
- ☐ Dust fixtures & vents
- ☐ Restock
- ☐ Dispose of out dated supplies
- ☐ Clean outside cabinets
- ☐ Clean behind toilet & walls
- ☐ Wipe baseboards
- ☐ Wash rugs
- ☐ Wash shower liner
- ☐ Clean inside trash can
- ☐ Clean faucets
- ☐
- ☐



KITCHEN

Daily



QUICK

- ☐ Clean dishes
- ☐ Empty dishwasher
- ☐ Wipe counter tops
- ☐ Put away clutter
- ☐ Clean sink
- ☐ Empty trash
- ☐ If needed vacuum & or mop floor
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

DEEP

- ☐ Quick clean plus
- ☐ Pull out items on countertop wipe down & behind
- ☐ Clean microwave
- ☐ Clean stove top
- ☐ Wipe outside cabinets off
- ☐ Wipe off outside & inside trash can
- ☐ Sweep & mop floor
- ☐ Wipe out refrigerator
- ☐ Organize pantry
- ☐ Discard outdated food
- ☐ Sanitize light switches & cabinet handles
- ☐ Restock cleaning supplies
- ☐ Clean oven as needed



LIVING ROOM

QUICK

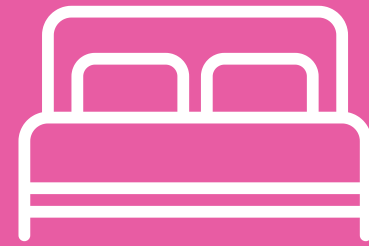
- ☐ Put away clutter use basket
- ☐ Remove trash & dishes
- ☐ Fluff pillows & blankets
- ☐ Vacuum floor
- ☐ Wipe down main tables
- ☐ Sanitize remote & light switches
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

DEEP

- ☐ Quick clean plus
- ☐ Dust fans, remove cobwebs
- ☐ Dust decor
- ☐ Clean under couch & cushions
- ☐ Dust TV
- ☐ Clean inside windows & seals
- ☐ Clean glass & mirror objects
- ☐ Vacuum & mop floor
- ☐ Clean Baseboards & blinds as needed
- ☐
- ☐
- ☐



BEDROOM



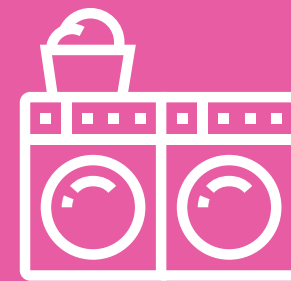
QUICK

- ☐ Make bed
- ☐ Remove dishes & trash
- ☐ Put away clutter
- ☐ Put away any laundry
- ☐ Remove dirty laundry



DEEP

- ☐ Wash & change sheets
- ☐ Remove dirty laundry
- ☐ Wipe down tables & furniture
- ☐ Clean glass
- ☐ Put away clutter
- ☐ Vacuum floor
- ☐ Sanitize light switches, door knobs & remote
- ☐ Dust fans
- ☐ Dust decor
- ☐ Clean under bed
- ☐ Vacuum mattress
- ☐ Spray mattress with rubbing alcohol & 2-4 drops of essential oil
- ☐ Wipe window seals
- ☐ Reduce declutter
- ☐ Wash pillows, mattress pad & bedding as needed
- ☐ Clean baseboards & blinds as needed



LAUNDRY ROOM

QUICK

- ☐ Remove trash
- ☐ Wipe down machine
- ☐ Sanitize light switches & laundry baskets
- ☐ Empty trash

☐☐☐☐☐☐☐☐☐

DEEP

- ☐ Quick clean plus
- ☐ Dust ceiling & walls
- ☐ Clean dryer inside vent
- ☐ Sweep & mop floor
- ☐ Restock supplies
- ☐ Remove & put away clutter
- ☐ Deep clean washing machine
- ☐ Wipe off outside appliances

☐☐☐☐☐

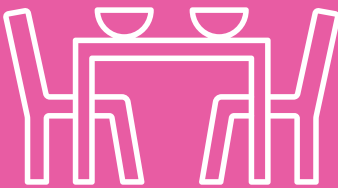


- ☐ Remove clutter
- ☐ Put away laundry
- ☐ Sanitize light fixtures
- ☐ Sanitize door knobs
- ☐ Straighten & organize
- ☐ Vacuum floor
- ☐ Dust

- Quick clean plus
- Remove cob webs & dust light fixtures
- Dust off shoe & coat racks
- Clean blinds & windows if needed
- Sweep & mop floor
- Clean mats



OFFICE & DINING ROOM



QUICK

- ☐ Wipe down main furniture
- ☐ Empty trash
- ☐ Organize clutter
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

DEEP

- ☐ Quick clean plus
- ☐ Remove cobwebs, dust fans & lights
- ☐ Clean mirrors & glass
- ☐ Clean windows & seals
- ☐ Dust blinds
- ☐ Dust decor
- ☐ Sweep & mop floor
- ☐
- ☐
- ☐
- ☐
- ☐

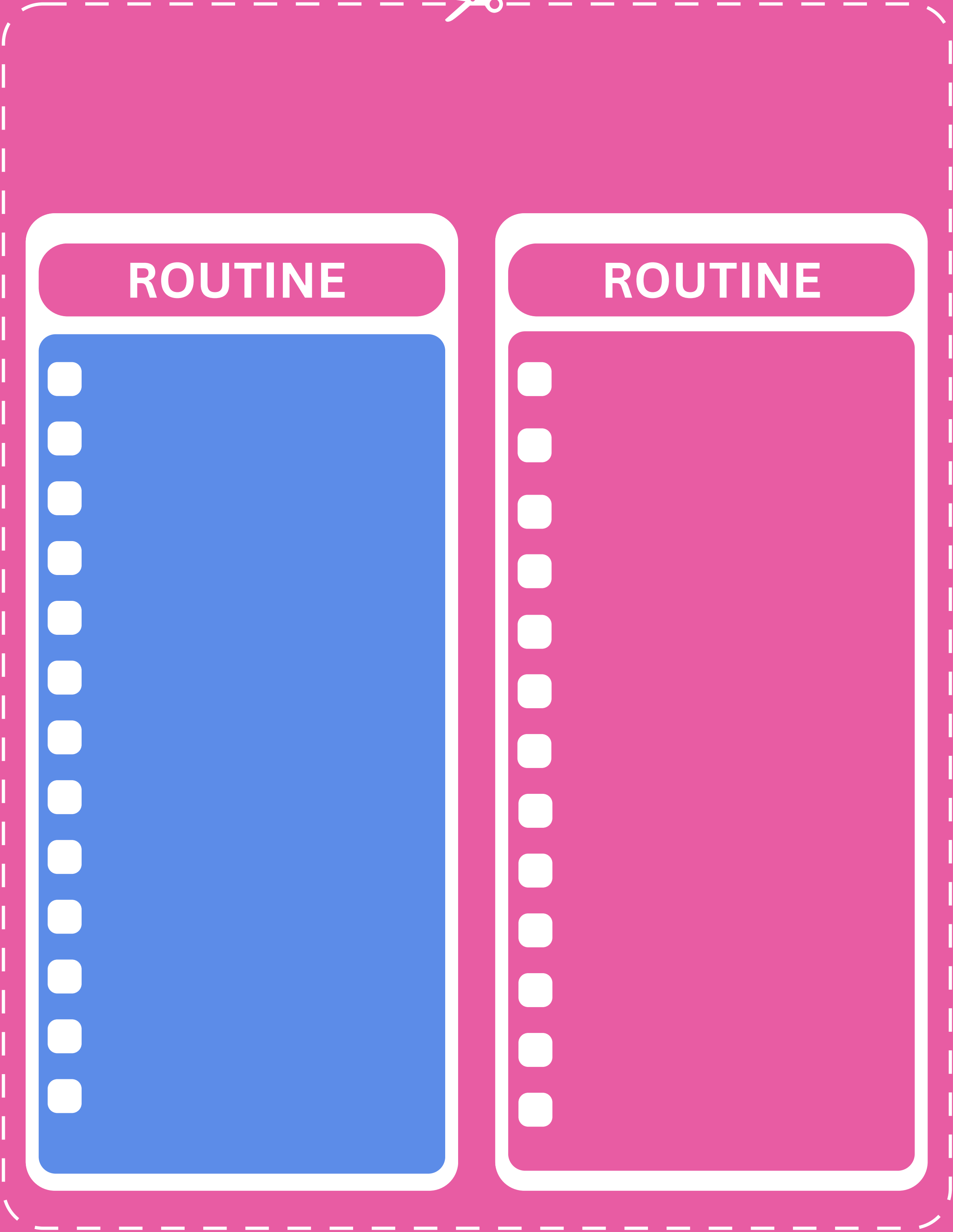


ROUTINE

- # EVENING

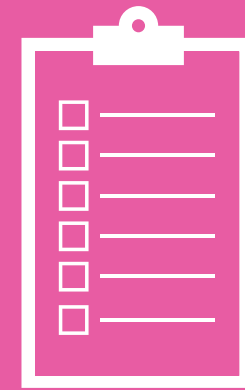
ROUTINE

- Load dishwasher
- Remove clutter from living room
- Fold load of laundry
- Make list for next day
- Pack backpacks





BONUS AREAS & TIPS



- ☐ Start on high areas & work down, floors are last
- ☐ Wipe down doors
- ☐ Dust fire place screen
- ☐ Organize closets
- ☐ Always clean one room at a time
- ☐ Have cleaning supplies handy
- ☐ Use natural cleaners as much as possible
- ☐ Clean now saves cleaning time later
- ☐ Donate unused items
- ☐ Have a home for all objects
- ☐ Clean home filters
- ☐ Clean kick plate & fridge filters
- ☐ Clean dishwasher filters

- ☐ Clean out drawers
- ☐ If you see something that needs cleaning ~ clean it.
- ☐ Clean porch/ entry way
- ☐ Dust & vacuum fireplace area
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

*** remember pat yourself on the back, nothing will ever be perfect.*