

CLEAN MAMA'S

WHOLE HOME RESET

**A SYSTEM TO USE WHEN YOU & YOUR
HOUSE NEED A FRESH START**



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Getting Started

✦ RESOURCES + LISTS ✦

Get ready, carve out some time over a couple of days or a week and give your house a Whole Home Reset!

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleanmama.com)

Quick Start Guide

The Whole Home Reset is your guide to going through the entire home in a short amount of time.

Everyone needs a fresh start from time to time. If you've been doing the Clean Mama Routine for years or a few weeks, you know that there are specific tasks we do throughout the year (Daily Tasks, Weekly Tasks, Rotating Tasks, Monthly Focus). These tasks keep our homes clean most of the time! We also know that real life brings messes and clutter. The Whole Home Reset is the system that I use when I need to do a reset in the house. I'm so excited to share this method with you!

I find that sometimes I need a plan to follow to stay focused on specific rooms and goals. The Whole Home Reset is just that – a plan to give your home some love and attention.

HOW TO GET STARTED

You'll find that each room or area of the home has a 2 page checklist – the first page is a general surface area cleaning and decluttering checklist. This is where you'll want to start.

The second page is an organizing checklist that includes drawers, cupboards, dressers, closets, etc. Before you start in a room or area, read over the checklists and do a quick room assessment, adding any to-dos specific to your home. Determine what makes sense for your time block and set a timer to get started.

YOU CAN USE THIS SYSTEM IN 3 DIFFERENT WAYS...

- When you need a complete Whole Home Reset – follow it from start to finish, carving out the time to get it done as quickly as you possibly can.
- Use it as you're doing the Clean Mama Routine on a week when you know you can devote more time to cleaning and organizing. Split it up with the days of the week – here's my suggestion:

- > **SUNDAY – KITCHEN**
- > **MONDAY – BATHROOMS**
- > **TUESDAY – BEDROOMS AND CLOSETS**
- > **WEDNESDAY – ENTRYWAY/MUDROOM**
- > **THURSDAY – LAUNDRY ROOM**
- > **FRIDAY – LIVING AREAS**
- > **SATURDAY – GARAGE/BASEMENT**

- Use the Mini Home Reset on [page 22](#) to do a refresh in 30 minutes or less anytime you need a mini home reset. Perfect for after illness, before guests come over, or just when you need a quick re-frame. This works best after you've gone through the Whole Home Reset at least once.

Instructions + Supplies

INSTRUCTIONS:

- **PRINT IT OUT** Print this workbook out, put it in a binder or on a clipboard and keep it handy. If you have more than one Bedroom or Bathroom, consider printing multiple copies so you have a checklist for each space.
- **READ THROUGH THE GUIDE** Read and make your plan. Do you need to reset every area of your home? Or just a couple areas? Maybe you don't have a basement or garage – leave that out!
- **CHOOSE YOUR TIME BLOCKS** Find the time in your schedule and block off time to complete the Whole Home Reset. My favorite way to complete this is quickly and over the course of a week with the Clean Mama Routine. I choose a week when the kids are at school and start as soon as I get home from drop offs, do the Clean Mama Routine and then block off an hour or so after I've completed the Routine to do the Whole Home Reset. Maybe all you need is a weekend? A couple afternoons? Fifteen minutes a day for the next month? Set aside the time and block it off.
- **KEEP, TOSS, DONATE, RELOCATE** These are the categories you'll be categorizing items into. Set up your Keep, Toss, Donate, Relocate bags, baskets or bins so you're ready for any clutter and trash. Use the labels on [page 26 and 27](#) to label your bins.
- **GATHER YOUR SUPPLIES** Pull together the supplies you'll need for the Whole Home Reset and keep them handy while you're going through the Reset.
- **GET STARTED!** Don't put it off for the perfect week or weekend, start now!

SUPPLY LIST:

Gathering your supplies ahead of time saves time and ensures that you have what you need to clean and declutter. Use this list to help you get started – gather what you have and know you'll need.

HAVE THESE SUPPLIES ON HAND	✓
Garbage bags	
Cleaning caddy or bucket to contain supplies + tote from room to room	
Cleaning cloths	
Dusting wand	
Vacuum cleaner with attachments	
Cleaners – all-purpose cleaner, disinfectant if needed, castile or dish soap, white vinegar	
Sponges	
Empty container for dirty cloths	
Bucket or bowl for warm water + castile or dish soap	



REMEMBER TO [SHOP CLEAN MAMA](#) FOR YOUR CLEANING NEEDS.

Favorite DIY Recipes

DIY ALL-PURPOSE CLEANER	
<ul style="list-style-type: none"><input type="radio"/> 1 ¼ cups water<input type="radio"/> ½ cup white vinegar<input type="radio"/> 10 drops lemon essential oil	<p><i>instructions</i></p> <p>Pour ingredients in a 16 ounce spray bottle, shake to combine. Spray and wipe anywhere you see dirt and grime. Remember: do not use vinegar on stone surfaces!</p>
ALL PURPOSE DISINFECTING SPRAY	
<ul style="list-style-type: none"><input type="radio"/> 1 ¼ cups water<input type="radio"/> ¼ cup white vinegar<input type="radio"/> ¼ cup vodka or rubbing alcohol<input type="radio"/> 15 drops of essential oil	<p><i>instructions</i></p> <p>Mix in spray bottle, spray liberally on surfaces and wipe clean with a soft cleaning cloth. This recipe should not be used on stone surfaces. Use your favorite essential oils!</p>
FABRIC REFRESHER	
<ul style="list-style-type: none"><input type="radio"/> ½ cup water<input type="radio"/> ¼ cup vodka (or rubbing alcohol)<input type="radio"/> 5 drops lemon essential oil<input type="radio"/> 5 drops lavender essential oil	<p><i>instructions</i></p> <p>Mix this up in a spray bottle, shake to combine, spray on fabric (pillows, bedding, furniture, carpet) that needs a little freshening up.</p>
DIY STONE CLEANER	
<ul style="list-style-type: none"><input type="radio"/> 1 ½ cups water<input type="radio"/> 2 tablespoons rubbing alcohol<input type="radio"/> ¼ teaspoon castile or dish soap	<p><i>instructions</i></p> <p>Mix in spray bottle, spray on surfaces and wipe clean with a soft cleaning cloth. This spray is great for any sealed marble, granite, and quartz surfaces.</p>

How Many Should I Keep?

If you need someone to tell you what to keep, this is the reference page for you! Below you'll find some items in your home listed out and a recommendation for how many of each to keep. Of course, every home and family is different, use this as a starting point and adjust accordingly.

KITCHEN
12 sets of silverware
12 sets of dishes
1 of each utensil
2 – 9x13” baking pans
1 – 8x8” baking pan
2 loaf pans
1 large frying pan
1 small frying pan
1 small sauce pan
1 large sauce pan
1 stockpot
1 roasting pan
1 cast iron pan
1 crockpot and/or Instant Pot
1 coffee pot
1 tea kettle
Cloth napkins (at least 12 or more)

BEDROOMS
2 sets of sheets per bed
1 comforter/quilt per bed
1 blanket per bed
2-4 pillows per bed

CLOTHING
Shoes – if you're looking to minimize, go with 1 pair casual shoes, 2 pairs dress, 1-2 pairs tennis, 1 pair boots
Pants – 2-4 pairs (depends on how often you wear them)
Jeans – 3-4 pairs of jeans that fit perfectly + you love
Exercise wear – 4-8 bottoms and 4-8 tops
Underwear + socks – 10-12 pairs of each
Coats – 1 dress coat, 1 winter coat, 1 spring/fall coat

BATHROOMS
4 bath towels per person – assuming you wash them weekly + use them twice before laundering
Hand towels – 4-8 per bathroom, changing hand towels daily is a great way to keep germs at a minimum
Washcloths - 4-8 per bathroom



Deep Clean + Organizing

✦ CHECKLISTS ✦

Get ready, carve out some time over a couple of days or a week and give your house a Whole Home Reset!

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Kitchen Deep Clean

DEEP CLEANING TASKS

- **WASH THE DISHES**
Run the dishwasher or hand wash.
- **DON'T FORGET THE KITCHEN SINK**
Clean kitchen sink.
- **CLEAR + ASSESS**
Completely clear off counters. Place items on the kitchen table. Assess items that you keep on the counter - is there anything that you don't use daily or anything that is cluttering the space? Do a quick sort and declutter when you clear the counters.
- **DUST THE CABINETS**
Dust or vacuum upper and lower cabinets.
- **DUST LIGHT FIXTURES**
Dust any that are in the kitchen.
- **CLEAN THE CABINETS**
Use soapy water and a soft cleaning cloth (well wrung out) and quickly wipe down the upper and lower cabinet fronts.
- **WIPE DOWN**
Spray and wipe kitchen counters. Spray and wipe kitchen table and chairs.
- **RETURN**
Return items to the counters.
- **THE FLOOR**
Vacuum and then wash the floor.
- **FINAL TOUCH**
Put out fresh towels.

KITCHEN APPLIANCE QUICK CLEAN

- **USE THE VACUUM**
Vacuum appliance corners and crevices – use an attachment to get under appliances or move out and clean, if possible.
- **WIPE DOWN**
Spray and wipe appliance fronts.
- **PREP**
Fill the kitchen sink with hot soapy water.
- **OVEN**
Start self clean or thoroughly spray a non-toxic cleaner in the oven (the DIY All-Purpose Spray on [page 6](#) works great) and let it sit.
- **MICROWAVE**
Remove the glass plate and place in the kitchen sink with soapy water. Scrub, rinse, place back in the microwave. Put a bowl of water and a halved lemon in the microwave and run it for 3-5 minutes to get the water boiling. Let it sit and steam for 15 minutes and wipe clean.
- **REFRIGERATOR**
Empty and discard expired food. Wash removable bins and shelves in the soapy sink – wash, rinse, dry. Wipe shelves clean with soapy water and dry. Return food to the refrigerator, placing it in zones that make sense for your food storage needs.
- **FREEZER**
Empty if needed, wipe shelves, and return food to shelves and drawers in a way that works for your freezer storage needs. Think through zones that will make finding frozen food easy.

Kitchen Organize + Declutter

Before you start, open all of your cabinet drawers and cabinets and do a quick assessment of where everything is located.

Now is your chance to relocate items – are the silverware and dishes by the dishwasher and sink? Do you keep spices in a cabinet but would like to simplify and put them in a drawer? How about that knife block? Want those knives in a drawer or on a magnet on the wall by your cutting area? Assess and relocate your items as you're doing your organizing.

NOTES: _____

- **CUPS + MUGS**
Pull all cups + mugs out, do a deep declutter and make sure you only keep what you love/use. Sort by type, put cups + mugs back by type.

- **GLASSWARE + DISHES**

- **SILVERWARE + UTENSILS**
Pull everything out, wipe or vacuum the space, declutter, return items making sure that everything has a proper home, sorting like with like.

- **FOOD STORAGE CONTAINERS**
Pull everything out, make sure every container has a matching lid, keep the best containers, put the containers back. Consider a container for the lids to keep them organized.

- **SMALL APPLIANCES**
Pull all of your small appliances out and do a realistic assessment of items you use and don't use. Sort, place in categories, and return to proper storage. If you need to re-think your small appliance storage, clear space, or move items around, do this now. Wipe or vacuum this space and place the small appliances back.

- **POTS + PANS**
Pull all of your pots and pans out and sort by type, decluttering any items that you no longer use or need. Wipe or vacuum space. Place back in a way that works for you. If you need a rack holder or a system to consolidate the products that you do have, put that in place now.

- **BAKEWARE**
Pull all of your bakeware out and sort by type, discarding any items that you no longer use or need. Wipe or vacuum space. Place back in categories: loaf pans, baking sheets, muffin tins, etc.

- **SPICES**
Take all of your spices out, get rid of duplicates and expired spices. Keep only what you use and arrange in a way that makes sense.

- **PANTRY/ FOOD STORAGE**
Take everything out of the pantry or food storage area. Check expiration dates and toss any expired items. Group like with like and place back in zones - baking, cooking, snacks, grains, pasta, etc.

Bathroom Deep Clean

Complete this list for all bathrooms and keep track below.

BATHROOM	✓

NOTES: _____

- **CLEAR OFF COUNTERS + ALL SURFACES**
Do a quick sort and declutter while you're doing this.
- **MIRRORS**
Spray cleaning cloth with glass cleaner and wipe mirrors clean – keep this handy and reuse in each bathroom.
- **DUST**
Dust or vacuum any light fixtures, window treatments, vents and fans.
- **SPRAY**
Spray the sink, toilet, and tub/shower – if your tub/shower is dusty and not used frequently, give it a quick vacuum first.
- **TOILET QUICK CLEAN**
Use your preferred toilet cleaner and brush and do a quick clean of the toilet.
- **REPEAT + RETURN**
Repeat the steps above in each bathroom. Once you've done that, return the first bathroom.
- **WIPE DOWN**
Wipe the sink, wipe the toilet, and wipe the tub or shower – take care to use a separate cloth or paper towel for each toilet to avoid contamination.
- **REPEAT**
Repeat in the next bathroom until you've wiped down each bathroom.
- **FLOORS**
Vacuum and wash the floors in each bathroom.
- **FINAL TOUCH**
Put out fresh towels and bath mats.

Bedroom Deep Clean

Complete this list for all bedrooms and keep track below.

BEDROOMS	✓

NOTES: _____

- **MAKE THE BED**
 First things first, make the bed. If you need to wash/change the sheets and bedding, take care of that first while you are doing a quick clean and declutter.

- **TACKLE LAUNDRY**
 Complete any laundry – get clothes out of the baskets, hang them up and put them away.

- **CLEAR CLUTTER**
 Clear clutter from all surfaces and sort in your declutter categories – Keep, Toss, Donate, Relocate.

- **CHILDREN’S BEDROOMS**
 If you’re working in a child’s bedroom, let them help by grouping specific tasks together – stack up books, put away toys (dolls, animals, stuffed toys, Legos, etc.). I find that if you give them specific tasks like: ‘Put all your books in a stack’, or ‘Can you put all your Legos in this bin?’ helps them (and you) from feeling overwhelmed.

- **DUST SURFACES**
 Dust all surfaces – start at the top and work your way down and from left to right.

- **LIGHT FIXTURES + LAMPS + WINDOW TREATMENTS**
 Dust or vacuum light fixtures and lamps. Use a lint roller on fabric lamp shades to get any dust and dirt.

- **WINDOW TREATMENTS**
 Dust or vacuum any window treatments.

- **REPEAT**
 Repeat these steps in each bedroom.

- **FINISH UP WITH VACUUMING**
 Go back to the first bedroom and vacuum thoroughly, paying special attention to the edges, baseboards, and vents. Repeat vacuuming in all bedrooms.

Bedroom Organize + Declutter

Sort clothing – do an honest and thorough edit of every item of clothing for each person in your home.

PERSON	✓

NOTES: _____

GETTING STARTED...

I find that moving through subcategories is helpful to keep the overwhelm to a minimum. Follow the declutter categories - Keep, Toss, Donate, Relocate and follow this order as you move through clothing:

- > SOCKS
- > UNDERWEAR
- > T-SHIRTS
- > JEANS
- > PANTS
- > SUITS
- > DRESS SHIRTS
- > SKIRTS
- > SWEATERS
- > SHOES

Create categories in your closet and return the 'Keep' items in a way that makes sense to you – season, color, type of clothing, etc.

MY CATEGORIES: _____



A couple of Clean Mama closet tips...

Use the same hangers and make sure they're going in the same direction as you put clothes away.

If you're having trouble deciding on items to keep, place unsure items in a box and set it aside for a month – if you haven't come back to them, let them go.

Closet Deep Clean + Organize

This can be for any other closets in your home that don't fall under the bedroom closet.

A utility closet, coat closet, storage closet, cleaning closet, linen closet, hall closet, etc.

Make a list of your closets below.

CLOSET	✓

CLEAN + DECLUTTER TASKS

- REMOVE**
Remove items from shelves.
- SORT**
Sort in your declutter categories – Keep, Toss, Donate, Relocate.
- GROUP**
Group like items with like items.
- WIPE DOWN**
Wipe shelves.
- THE FLOORS**
Vacuum floor and wash floor (if needed).
-

ORGANIZING TASKS

- MAKE ANY NECESSARY CHANGES**
Think through your closet space and make any changes. Do you need to adjust a shelf or purchase a basket or bin?
- GROUP**
Group like items together and while you're doing this, do one more quick sort of your items to ensure that you have gone through everything.
- LABEL**
Label any items if needed.
- RETURN**
Place items back, taking care to only keep what you need and use.
-

Living Area Deep Clean + Organize

Living areas can be anything from a family room, a play room, three season porch, even a dining room.

Follow these steps, skipping over any to dos that don't apply to your space.

MAKE YOUR OWN ORDERED LIST HERE OF HOW YOU WANT TO MOVE THROUGH THIS ROOM:

-
-
-
-
-
-
-
-
-
-

CLEAN + DECLUTTER TASKS

- TIDY UP**
Straighten any sofas, chairs, pillows and throws.
- TACKLE CLUTTER**
Clear clutter from surfaces and return to their proper homes. Sort items – Keep, Toss, Donate, Relocate.
- DUST**
Dust all surfaces – start at the top and work your way down and from left to right.
- LIGHT FIXTURES, LAMPS + WINDOW TREATMENTS**
Dust or vacuum any light fixtures, lamps or window treatments. Use a lint roller on fabric lamp shades to get any dust and dirt.
- VACUUM**
Vacuum thoroughly, paying special attention to the edges, baseboards, and vents.
- WASH FLOORS**
Wash hard surface floors.

ORGANIZING TASKS

- ONE PIECE AT A TIME**
Go one by one and open cupboards, drawers + cabinets so you don't get overwhelmed with what you're emptying out.
- EMPTY, SORT + CLEAN**
Empty and sort items - Keep, Toss, Donate, Relocate. Vacuum and wipe any shelves and drawers before returning items.
- RETURN**
Put items back in an organized way to ensure items can be found and that like items are grouped together.

Garage/Basement Deep Clean + Organize

These spaces come last and can be complicated...

feel free to leave them off for now while you're enjoying the effects of resetting your home. If you'd like to tackle the garage and/or basement, here are a couple steps that will help you clean and organize these spaces for good.



QUICK TIP

If you're overwhelmed, work in small sections and box or bin by bin. There's no need to get in over your head. Slow and steady will get these spaces completed too!

NOTES: _____

CLEAN + DECLUTTER TASKS

- REMOVE**
Remove items from shelves.
- SORT**
Sort in your declutter categories – Keep, Toss, Donate, Relocate.
- GROUP**
Group like items with like items.
- WIPE DOWN**
Wipe shelves.
- THE FLOORS**
Vacuum floor.
-

ORGANIZING TASKS

- MAKE ANY NECESSARY CHANGES**
Think through your closet space and make any changes. Do you need to adjust a shelf or purchase a basket or bin?
- GROUP**
Group like items together and while you're doing this, do one more quick sort of your items to ensure that you have gone through everything.
- LABEL**
Label remaining boxes and bins.
- RETURN**
Place items back, taking care to only keep what you need and use.
-



Finishing Up

✧ ADDITIONAL RESOURCES ✧

Get ready, carve out some time over a couple of days or a week and give your house a Whole Home Reset!

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The One Bag Quick Declutter Checklist

Habits are built slowly + over time.

If you find yourself gaining traction and getting derailed easily, you need to put some guardrails in place.

I'm starting a new ritual – a One Bag Quick Declutter every month on the 11th. I'm putting it on the calendar as a monthly task and it will simply remind me to do a quick declutter and look for at least one bag of stuff to get rid of in my quest to simplify our home.

If you're doing the [full Clean Mama Routine](#) you can also coordinate this with the Monthly Focus and concentrate your decluttering in that area of your home. For example: January = Whole House Declutter, February = Kitchen, etc.

Happy Homekeeping!



**WANT TO TRY IT
OR JOIN ME?**

I'll also share my process on [Instagram](#) on the 11th of each month.

WRITE DOWN YOUR DAY OF THE MONTH HERE:

KEEP TRACK OF THE MONTH'S YOU COMPLETE:

<input type="checkbox"/>	JANUARY	<input type="checkbox"/>	JULY
<input type="checkbox"/>	FEBRUARY	<input type="checkbox"/>	AUGUST
<input type="checkbox"/>	MARCH	<input type="checkbox"/>	SEPTEMBER
<input type="checkbox"/>	APRIL	<input type="checkbox"/>	OCTOBER
<input type="checkbox"/>	MAY	<input type="checkbox"/>	NOVEMBER
<input type="checkbox"/>	JUNE	<input type="checkbox"/>	DECEMBER

NOTES: _____

Keep

LOVE IT, USE IT
OR NEED IT

Toss

RECYCLE OR
TRASH

Donate

DON'T LOVE IT, NEED IT
OR USE IT BUT SOMEONE
ELSE COULD

Relocate

STILL LOVE IT, USE IT OR
NEED IT BUT IT DOESN'T
BELONG HERE