

June Checklists

MONTHLY FOCUS: THE BEDROOM(S)

- **DECLUTTER**
clear surfaces and lose anything you don't use or love
- **CLEAN SURFACES**
dust and/or clean all surfaces
- **EVALUATE**
what is/isn't working – write it down and plan it out
- **LIGHT FIXTURES & LAMPS**
dust and clean all light fixtures, lamps, and shades in the bedroom
- **CLEAN & FLUFF**
pillows, blankets, and bedding
- **FRESH START**
thoroughly vacuum and/or wash floors
- **PREPARE**
add items to encourage calm and relaxation – make sure the bedside table(s) are cleaned off, add a book that's been on your list to read

ROTATING TASKS

- **VACUUM BASEBOARDS**
use nozzle or brush attachment
- **VACUUM / SPOT CLEAN FURNITURE**
treat any spots or stains
- **LIGHT FIXTURES: OTHER BEDROOMS**
focus on all other bedroom ones this month
- **WASH RUGS**
wash bathroom and area rugs
- **POLISH WOOD FURNITURE**
give your furniture a little extra shine
- **WIPE SWITCHES / PHONES / REMOTES**
give those most touched areas a quick clean
- **LAMPS**
dust and clean lamps and shades
- **WASH WINDOWS**
clean inside and out
- **WIPE DOWN APPLIANCES**
wipe down household appliances (dishwasher, washer and dryer, etc.)

DO THESE DAILY

- **MAKE THE BEDS**
do a whole house quick declutter and gather at least 3 bags of stuff you can get rid of
- **CHECK THE FLOORS**
clean clutter from surfaces (counters, dressers, etc.)
- **TACKLE CLUTTER**
sort through any existing paper piles that are out on counters or surfaces
- **WIPE COUNTERS**
deal with your mail situation and come up with a way to sort through mail daily so it doesn't pile up
- **ONE LOAD OF LAUNDRY**
declutter counter clutter, cabinets & drawers

DO THESE WEEKLY

- **MONDAY**
clean the bathrooms
- **TUESDAY**
dust the house, surfaces, etc.
- **WEDNESDAY**
vacuum the floors
- **THURSDAY**
wash the floors
- **FRIDAY**
catch up on tasks, do a monthly focus or rotating task
- **SATURDAY**
launder any sheets and towels
- **SUNDAY**
relax, just do the daily tasks