

DECLUTTERING & CLEANING

P L A N N E R



T E A M S E L F C A R E

WELCOME!

Welcome to the ***Decluttering & Cleaning Planner***, your go-to resource for kickstarting a peaceful and organized living space! In our busy everyday life, finding tranquility within our homes is essential. Our planner is your companion in this journey, offering practical tools and guidance to simplify your surroundings and enhance your well-being.

To take your decluttering journey to the next level, you may be interested in our \$29 ***Clutter Cleanse*** program, an affordable 14-Day Workbook and Challenge. This accessible program provides daily prompts and manageable tasks to help you conquer clutter and reclaim your space room-by-room without breaking the bank. With expert advice, you'll transform your home into a sanctuary of calm and order.

Additionally, for a deeper dive into creating a harmonious living environment, enroll in our \$99 ***Healthy Home*** program. Over the course of 12 weeks, you'll learn sustainable cleaning practices, create mindful spaces, and cultivate a non-toxic home that nourishes your body and spirit and clears space in your mind.

Invest in your home's health and vitality with these comprehensive resources, and reap the benefits of a happier, healthier lifestyle. Let's get this transformative journey started! I'm so happy to have you here.

Rosemary



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WEEKLY CHORES



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MONTHLY CLEANING

MONTH: _____

HOME MAINTENANCE



HOME MAINTENANCE



HOME MAINTENANCE



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: _____

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

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

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

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

DECLUTTERING GOAL

Main decluttering goal:

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

TARGET SPACE IDEAL LOOK & REFLECTION OF LIFE

MINDSET FOCUS

AFTER CLEANING

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

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

BOOKS

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

SENTIMENTAL

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

PAPERS

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

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

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NOTES

VISION BOARD



