

clean mama's

GUIDE TO A

peaceful home

**EFFORTLESS SYSTEMS AND JOYFUL
RITUALS FOR A CALM, COZY HOME**

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Is there something that has been holding you back from getting started on your home? A lack of time, a lack of energy, an idea in your head of what a perfect home looks like? Write down a couple of things that come to mind here, or save this space for ideas that come to you as you read on.

Make a list of five to ten things that make you feel good about being in your home. These could include a clean bathroom, the feel of fluffy bath towels, the aroma of a favorite candle or scent diffuser, a vase of flowers you grabbed on your weekly grocery store run, kitchen counters without stacks of papers on them, a closet filled with clothes that fit, a toy room where toys are played with and put away, a garage you can park a car in, a book on the nightstand you have time to read.

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Now make a list of five to ten things that make things complicated at home. These could be things such as having more coats than hooks to hang them on, piles of mail on the counter, backpacks scattered on the floor, shoes left on the steps, toys without a place to store them.

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Make a list of a few ways you want others to feel when they are in your home, such as welcomed, loved, and comfortable.

Think about tasks that you don't like, forget to do, or put off unnecessarily. Sometimes pairing them with a task you enjoy or don't mind is what makes the undesirable task become a good habit.

List your three biggest Pain Point Tasks—the tasks you dislike the most.

List your three favorite Happy Tasks—the tasks that you enjoy completing or at least find a little satisfaction in when they're done. If you don't have any Happy Tasks yet, don't worry—you'll have some very soon.

Do any of your Pain Point Tasks and Happy Tasks intersect? Are they carried out in the same room of your home? Could they be done at the same time to make the Pain Point Tasks a little easier to accomplish or less dreadful? Write down an idea or two for merging them here.

Come back to this space and write down other Pain Point Tasks and Happy Tasks as you're reading this book and working through your home. You don't need to do anything with them right away, but jotting them down as you go will help make those Pain Point Tasks a little less painful.

PAIN POINT TASKS	HAPPY TASKS

Now that we've started to understand which tasks are challenging and which bring joy, let's take a close look at our schedules and find the time to start putting these routines and systems into place!

PRODUCTIVITY

Time Tracker

today's date:



	TASK		TASK
6:00 am		2:00 pm	
6:30 am		2:30 pm	
7:00 am		3:00 pm	
7:30 am		3:30 pm	
8:00 am		4:00 pm	
8:30 am		4:30 pm	
9:00 am		5:00 pm	
9:30 am		5:30 pm	
10:00 am		6:00 pm	
10:30 am		6:30 pm	
11:00 am		7:00 pm	
11:30 am		7:30 pm	
12:00 pm		8:00 pm	
12:30 pm		8:30 pm	
1:00 pm		9:00 pm	
1:30 pm		9:30 pm	

Figure out what works for you and use these techniques to limit your screen time. I think you'll find that you're much more productive when you're *not* multitasking. I know you have at least a little bit of time you can spare for yourself and for your home. Is this time something you want to make use of in your own life? Write down a few thoughts below.

Now go back to your log. What did it tell you about how you're spending your time? Were there any surprises? Are there any pockets of time you want to use differently? Maybe you realized that you spend more time than you'd like watching *The Bachelor* or binge-watching shows on Netflix that you've already seen. (Or am I the only one who does that?) Maybe "checking in on Instagram" is taking an hour every night instead of fifteen minutes. A time log isn't meant to make you feel guilty; it's supposed to help you understand how you spend your time. There's no shame here, just a little awareness. Write down what you learned by going over your time log below.

Can you think of any boundaries you want to establish while you're working through this book? If you're not sure what kind of boundaries you might need, maybe you could start with things like keeping your phone out of your bedroom, not picking up your phone before you've had your morning coffee, turning off your phone during quiet time or time with your kids, and other practices you want to initiate after you looked at your time log. Write down your new boundaries below.

At this point, we're going to simply evaluate what is and isn't working in your current routines.

First write down the time of day that generally needs some tweaking.

Then ask yourself, Why is this time of day such a struggle?

THE MORNING ROUTINE

Whether you're a morning person or not, this is where your days start. We all know the feeling of leaving the house late, frantic and harried, rushing off to school or work. Wouldn't it be nice if we could set our mornings up so that we could get out the door smoothly?

Let's start by assessing your morning routine. Write down your current morning routine from start to finish.

What is working in your morning routine?

What isn't working in your morning routine?

What is your ideal morning routine?

THE MIDDAY RESET

Write down your current midday routine from start to finish.

What is working in your midday routine?

What isn't working in your midday routine?

What is your ideal midday reset?

THE EVENING ROUTINE

Write down your current evening routine from start to finish.

What is working in your evening routine?

What isn't working in your evening routine?

What is your ideal evening routine?

My New Morning Routine

My New Midday Reset

My New Evening Routine

CURRENT WEEKLY SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

IDEAL WEEKLY SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Next, write down three things you need to do to achieve that ideal weekly schedule:

What is your cleaning routine? Do you have one? Is this something you might want to focus on? Write down your thoughts about a cleaning routine below.

CLEAN HOME RESET

Checklist

KITCHEN

- ☐ storage + organization
- ☐ food storage
- ☐ meal planning
- ☐ grocery shopping
- ☐ food prep

BATHROOMS

- ☐ storage + organization
- ☐ paper products
- ☐ towels + linens
- ☐ toiletries + makeup
- ☐ cleaning supplies
- ☐ medicine + first aid

BEDROOMS

- ☐ pillows
- ☐ bed linens
- ☐ bedside items

CLOTHING

- ☐ hangers
- ☐ hampers
- ☐ out-of-season clothing
- ☐ other family members' clothing

LINENS + LAUNDRY

- ☐ laundry piles
- ☐ laundry baskets + hampers
- ☐ laundry supplies
- ☐ laundry system
- ☐ linen closet

LIVING SPACES

- ☐ books + magazines
- ☐ pillows + blankets
- ☐ lighting
- ☐ coffee table + surfaces

OFFICE + PAPERWORK

- ☐ mail
- ☐ bills
- ☐ filing system
- ☐ office supplies
- ☐ photos and kids' artwork

ENTRYWAY + MUDROOM

- ☐ shoes
- ☐ coats
- ☐ multi-use spaces
- ☐ backpacks + bags

KIDS' ROOMS + SPACES

- ☐ getting kids involved
- ☐ toys + books

GARAGE

- ☐ storage and organization

VEHICLES

- ☐ Clutter and garbage
- ☐ Cleaning supplies

CLEANING ROUTINE

- ☐ daily
- ☐ weekly
- ☐ rotating

OTHER

- ☐
- ☐
- ☐

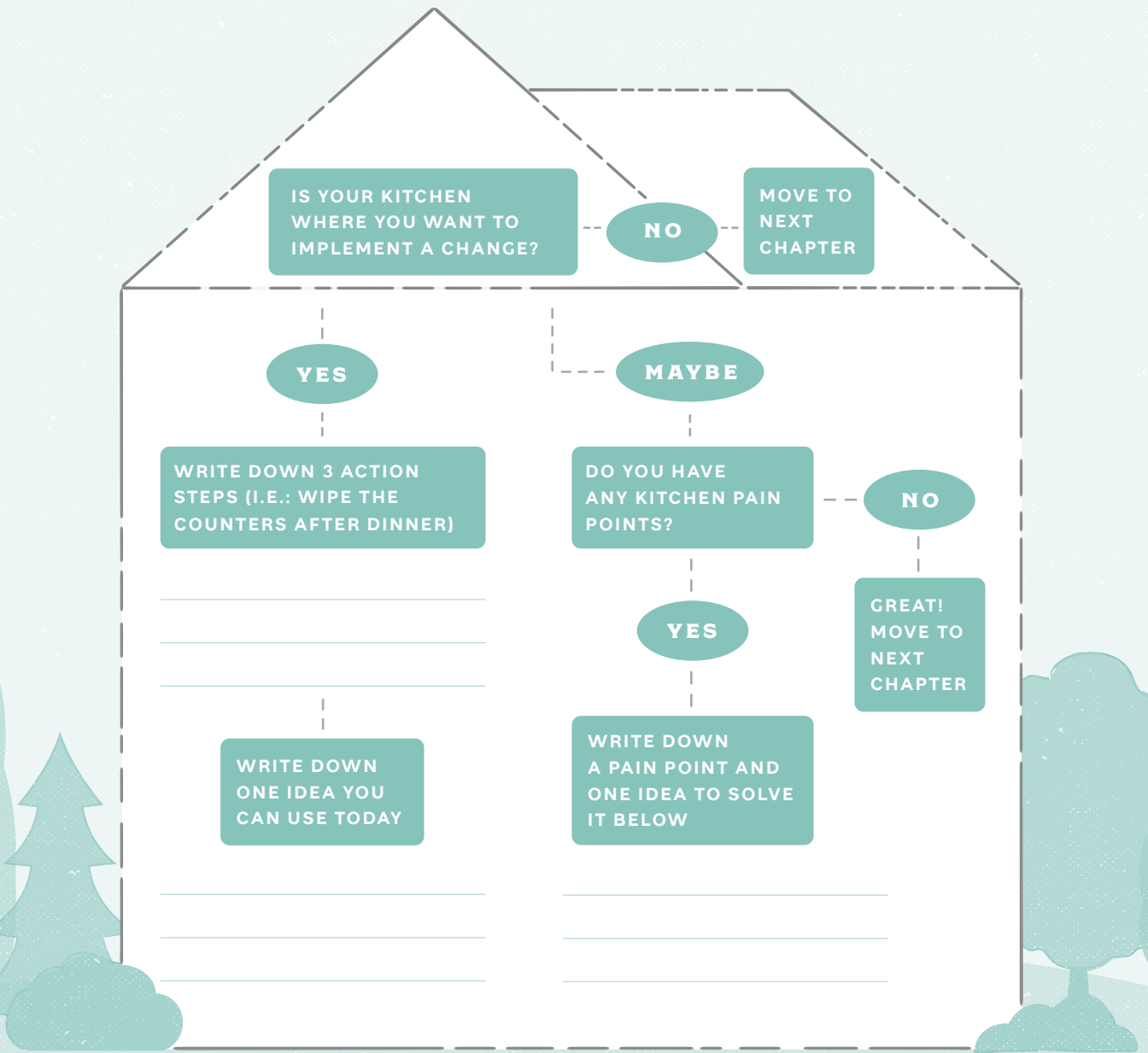
Write down a few of your own Pain Points—things that cause you stress or are bothersome in the kitchen.

Think about when and how you use your dishes and glasses. That will help you determine how much to keep out for daily use. Is someone home for all three meals a day? Or do you grab a cup of coffee and not come home until dinner? Maybe you’ve broken four glasses in the last couple of months and haven’t replaced them, so one of your Pain Points is that you’re always running out of glasses. Or maybe you’ve never used the last half a dozen plates in that stack—ever. Count up what you have, decide what you need for a day in the life of your home, and set the extras aside. This is something you’ll want to assess based on your eating habits and needs. If you want to do a dry run to make sure you have enough, keep what you think you’ll need and put the extras in a box out of the kitchen. Give it a week or so, then see if you need those extra place settings.

Make a note below of what you need.

Write down the tasks you need to complete for a nightly kitchen reset at your house. Think of ways you can delegate tasks to family members to get this done quickly.

Is there anything you feel is already operating as a Happy Task in your kitchen? Are there things you enjoy (or at east don't mind) doing when you're there? Write them down in the space provided.



Is there anything you feel is already operating as a Happy Task as you prepare meals?
Are there things you enjoy (or at least don't mind) doing as you cook? Write them down
in the space below.

NIGHTLY SINK SCRUB

After the dishes are done for the night, sprinkle a bit of this in your sink and give it a little scrub. It will leave the surface sparkling clean.

INGREDIENTS

2 cups baking soda
20 drops essential oils—
I use 10 drops lemon and
10 drops clove
1 to 2 squirts liquid castile
soap or dish soap

SPECIAL EQUIPMENT

Container with a lid or
shaker top
Sink-safe scrub brush
or sponge

Pour the baking soda into your container. (I like using a mason jar.) Drop the essential oils on top of the baking soda and stir with a table knife to combine.

Wet your sink and sprinkle the scrub liberally over the surface. Squirt with castile soap or dish soap and scrub with the scrub brush or sponge. Rinse thoroughly and admire your clean and shiny sink.

Store the baking soda mixture under the sink; it will keep for several months.

Put a Simmer on the Stove

I love to make simmers. If you're feeling like you need a little pick-me-up or want to make your time in the kitchen more pleasant, try a simmer. I like to customize a couple of scents for each season with what I have on hand or am in the mood for. Mix one up and simmer it away on your stove or in a small slow cooker while you clean, and your mood will elevate in no time.

SIMMERS

Gather any combination of the following ingredients—you only need one, but I recommend two or three. My favorite is lemon and/or orange slices together with fresh rosemary leaves and vanilla extract.

INGREDIENTS

3 to 4 slices fresh citrus fruit,
such as lemons, oranges, and/
or limes

3 to 4 slices fresh apple

1 handful fresh cranberries

3 to 4 cardamom pods

2 to 3 cinnamon sticks

8 to 10 whole cloves

1 tablespoon fresh herbs

1 handful pine needles

2–3 drops vanilla, almond,
or maple extract

1–2 drops essential oil of
your choice

4 cups water

Combine your choice of aromatics with water in a medium saucepan and set over high heat. Bring to a boil, then reduce heat to low and maintain the mixture at a slow simmer for as long as you're in the kitchen. Add more water as needed.

Write down a few of your own Pain Point Tasks below—things that cause you stress or are bothersome when it comes to meal planning, meal prep, and grocery shopping.

Also, think about what kind of meal planner you are. Do you like using cookbooks? A specific menu-planning website? A recipe binder? An internet search? Or do you cook without a recipe? Gather the reference materials you need, if any, and put them in a spot in your kitchen or wherever you do your menu planning. Jot down some thoughts about your meal planning process below.

Is there anything you feel is already operating as a Happy Task in the bathroom? Are there things you enjoy (or at least don't mind) doing when you're in there? Write them down in the space below.

PLAN WEEKLY AND MONTHLY MENUS

If you haven't tried menu planning, you're missing out on a big productivity hack. But I get it: meal planning takes time, and if your family doesn't always want to eat what you want to cook, or if dinnertime is different for each member of the family, this is difficult. I'm going to suggest that you try it—even if just for a week. Make a list of your family's ten favorite simple meals below.

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MENU PLANS FOR ALL

Menu Plan Brainstorming

MONDAY IDEAS

TUESDAY IDEAS

WEDNESDAY IDEAS

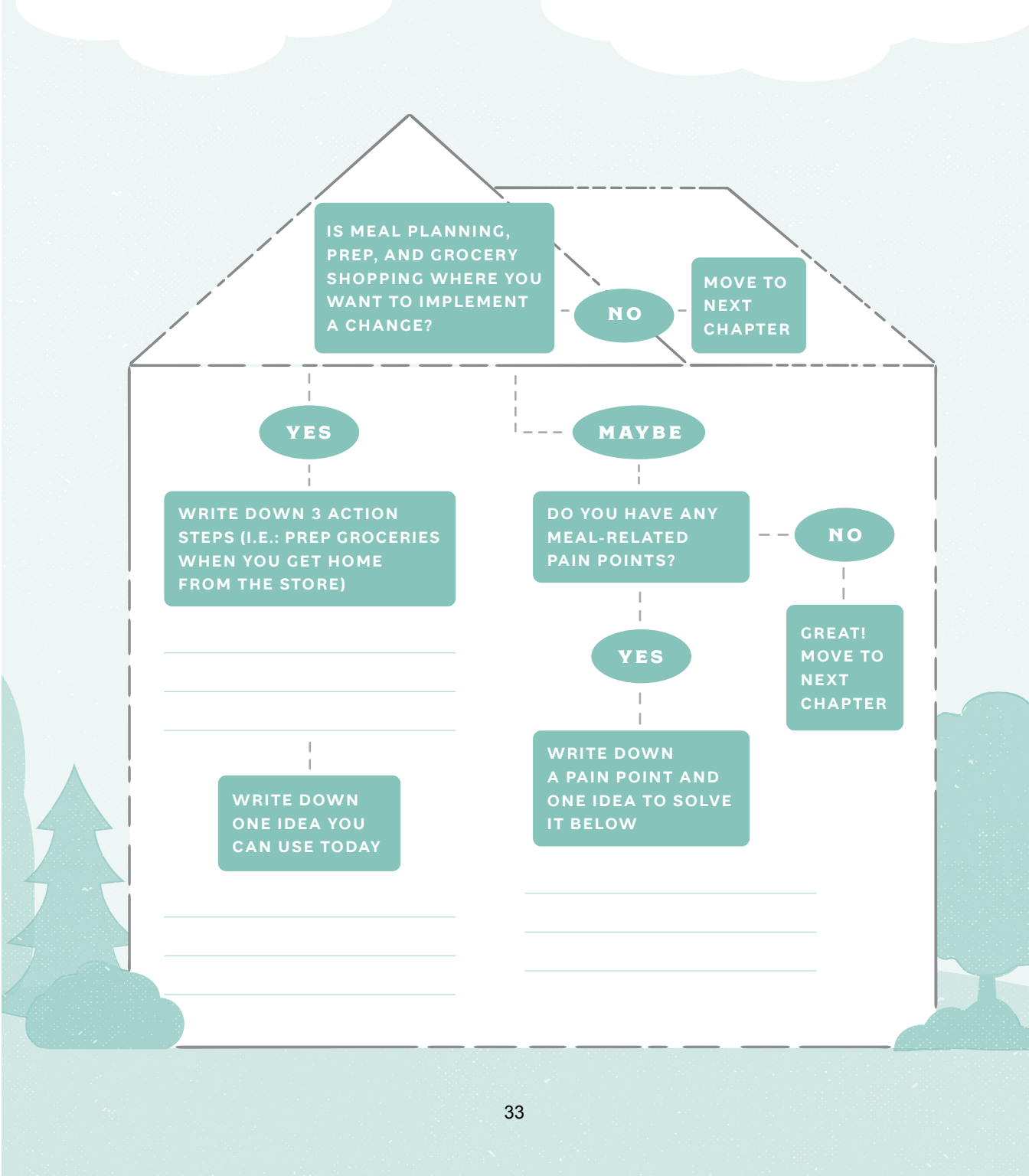
THURSDAY IDEAS

FRIDAY IDEAS

LET'S TAKE INVENTORY

Category Grocery Shopping List

FRUIT	VEGGIES	MEATS	DELI
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAIRY	BEVERAGES	BAKERY/BREADS	FROZEN FOODS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CANNED GOODS	RICE/ PASTA	CEREAL/ GRAINS	BAKING/SPICES
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CONDIMENTS	SPECIALTY	HOUSEHOLD	TOILETRIES
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PAPER GOODS	BABIES/KIDS	PETS	OTHER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



IS MEAL PLANNING,
PREP, AND GROCERY
SHOPPING WHERE YOU
WANT TO IMPLEMENT
A CHANGE?

NO

MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN 3 ACTION
STEPS (I.E.: PREP GROCERIES
WHEN YOU GET HOME
FROM THE STORE)

WRITE DOWN
ONE IDEA YOU
CAN USE TODAY

MAYBE

DO YOU HAVE ANY
MEAL-RELATED
PAIN POINTS?

NO

GREAT!
MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN
A PAIN POINT AND
ONE IDEA TO SOLVE
IT BELOW

Write down a few Pain Points of your own—things that cause you stress or are bothersome in the bathroom.

Do you have more than one bathroom? Use the space below to detail Pain Points in each one.

Rituals for Bathrooms

Is there anything you feel is already operating as a Happy Task in the bathroom? Are there things you enjoy (or at least don't mind) doing when you're in there? Write them down in the space below.

ESTABLISH A BATH RITUAL

Want to make your bathroom feel cozy? Create a bath-time ritual that helps you wind down. Turn the lights down, light a candle, use bath salts or bubbles, grab a book you’ve been meaning to read, and enjoy your clean bathroom.

“BEFORE YOU GO” SPRAY

You know that “before you go” spray you’ve seen in the store? You can make your own with just four ingredients. Feel free to vary the combination of essential oils.

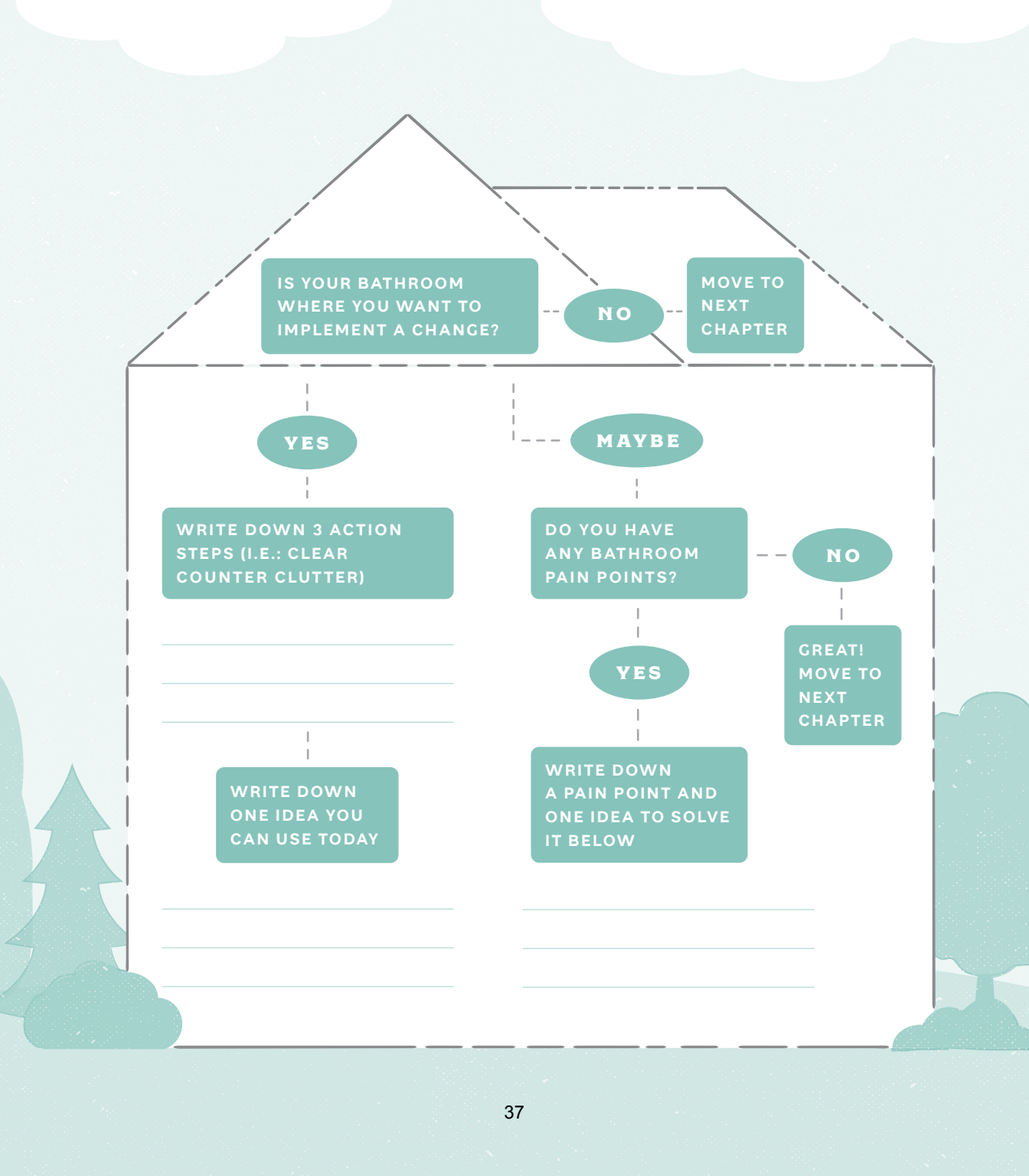
INGREDIENTS

- 1/3 cup water
- 30 drops lemon essential oil
- 30 drops orange essential oil
- 1/2 teaspoon fractionated coconut oil

SPECIAL EQUIPMENT

- 8-ounce spray bottle
- Fractionated coconut oil (available at online retailers; it helps the mixture sit on the surface of the water)

Combine all ingredients in the spray bottle, shake, and spray on the toilet water before you go.



IS YOUR BATHROOM
WHERE YOU WANT TO
IMPLEMENT A CHANGE?

NO

MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN 3 ACTION
STEPS (I.E.: CLEAR
COUNTER CLUTTER)

WRITE DOWN
ONE IDEA YOU
CAN USE TODAY

MAYBE

DO YOU HAVE
ANY BATHROOM
PAIN POINTS?

NO

GREAT!
MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN
A PAIN POINT AND
ONE IDEA TO SOLVE
IT BELOW

Write down a few things that cause you stress or are bothersome in your bedroom.

Do you have more than one bedroom? Use the space below to detail Pain Points in each one.

Is there anything you feel is already operating as a Happy Task in your bedroom, especially when it comes to your bed linens? Are there things you enjoy (or at least don't mind) doing when you're there? Write them down in the space below.

SPRITZ THE BEDDING WITH FABRIC SPRAY

Mix up a bottle of my Fabric Refresher and keep it in a basket on your nightstand. If you prefer to air your bed out a bit before making it, pull the bedding back, spritz it, let it air out for an hour or so, then make your bed.

FABRIC REFRESHER

Looking for a safe and effective fabric refresher that eliminates odors and works well on bedding and pillows? This is my favorite! Give your pillow a spritz for a restful night's sleep.

INGREDIENTS

- ½ cup water
- ¼ cup vodka or rubbing alcohol
- 10 drops lavender essential oil

SPECIAL EQUIPMENT

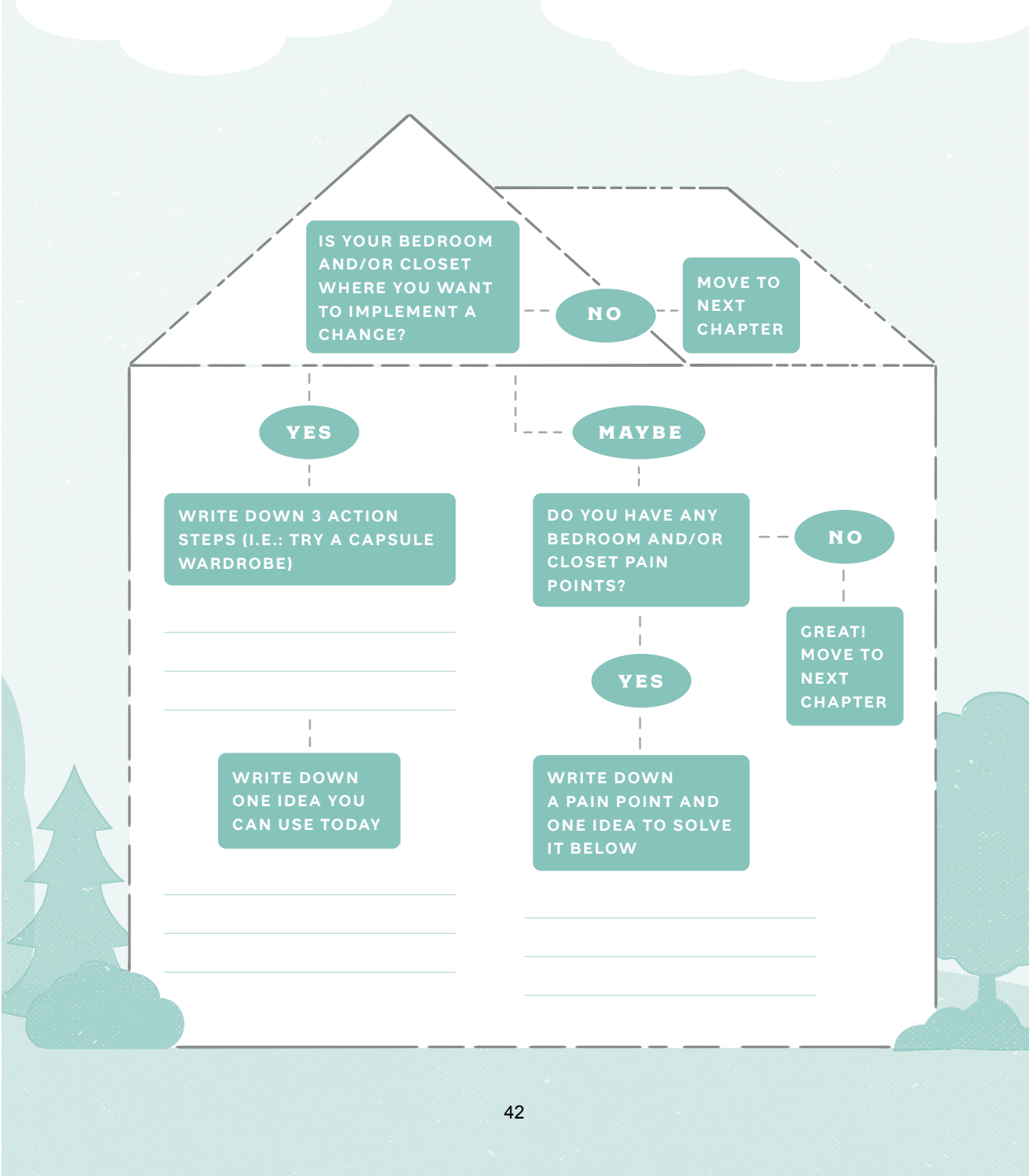
- 8-ounce spray bottle

Combine all ingredients in the bottle, shake, and spray on any fabric—pillows, bedding, furniture, carpet—that needs a little freshening up.

Write down a few things connected with closets and clothing that cause you stress or are bothersome.

Rituals for Closets

Is there anything you feel is already operating as a Happy Task when it comes to your closet? Are there closet tasks you enjoy (or at least don't mind) doing? Write them down in the space below.



IS YOUR BEDROOM
AND/OR CLOSET
WHERE YOU WANT
TO IMPLEMENT A
CHANGE?

NO

MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN 3 ACTION
STEPS (I.E.: TRY A CAPSULE
WARDROBE)

WRITE DOWN
ONE IDEA YOU
CAN USE TODAY

MAYBE

DO YOU HAVE ANY
BEDROOM AND/OR
CLOSET PAIN
POINTS?

NO

GREAT!
MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN
A PAIN POINT AND
ONE IDEA TO SOLVE
IT BELOW

Use the space below to write down a few things that cause you stress or are bothersome when it comes to your linens and laundry.

HOW TO FOLD SHEETS + TOWELS

Sheets

- Pull the sheets out of the dryer. Try to get them when they're still warm so you don't have wrinkled sheets.
- Fold top sheets in half the long way before you fold them horizontally.
- To fold a fitted sheet, tuck one corner into the other, making a pocket; fold the sheet in half again lengthwise, with the fitted corners on the inside; fold the sheet in half horizontally, bringing the two corners together; then fold in half lengthwise again—it should be about 11 by 14 inches. If not, fold it again.
- Place a pillowcase (or pillowcases, if you use more than two per set of sheets) on top of the sheets and slide all the pieces into the remaining pillowcase. Then fold the pillowcase “flap” under the linens inside it. Now you have a neat package that you can place on a shelf.
- Place the sheet sets on top of each other on a shelf or in a basket.

Towels

- Lay a clean, dry towel on a large surface. Smooth it out.
- Fold the towel in thirds lengthwise.
- If it's a bath towel, fold it in thirds horizontally.
- For your hand towels and washcloths, repeat the first two steps, but fold them in half horizontally rather than in thirds unless you need to fold them that way to fit your storage space.

HOW TO FOLD CLOTHING

- **Shorts.** Fold shorts in half lengthwise, then fold them in half horizontally and stack or stand them on end in drawers.
- **Jeans + pants.** Fold kids' pants in half lengthwise. Fold in half horizontally, then in half again, and stack or stand them on end in drawers.

My husband folds his jeans and pants in half lengthwise, putting a crease in the front, then he folds them horizontally in thirds and stacks them on a shelf in our closet.

I fold my jeans and pants in half lengthwise and hang them up.

- **T-shirts.** Most T-shirts are hung on hangers in our house—we have the room to do this, and I'm not a fan of fold lines on shirts. When we do fold them, we stand them on end in a drawer if there's room or stack them on top of each other if there isn't.

When I fold a T-shirt, I hold it up, fold the sleeves and about a third of each side in, lay it flat facedown, then fold it in half and then in half again. If you're looking for a perfect fold, you can always try a shirt folder, but I find it quicker just to fold by hand.

- **Leggings.** Fold leggings in half lengthwise and then in half horizontally. I continue to fold horizontally until the leggings are folded to be about as small as the waistband. Then I stand them on end in my drawer—this is the only way they fit.
- **Pajamas.** I like to make a “package” with pajama sets. This makes it easy to grab the set, and it eliminates the search for matching pieces. I start by folding the pants in half lengthwise, then in half horizontally. Then I fold the top's sleeves inward and place the pants in the bottom half of the top. Then I fold the top half of the top over, making a pajama package.

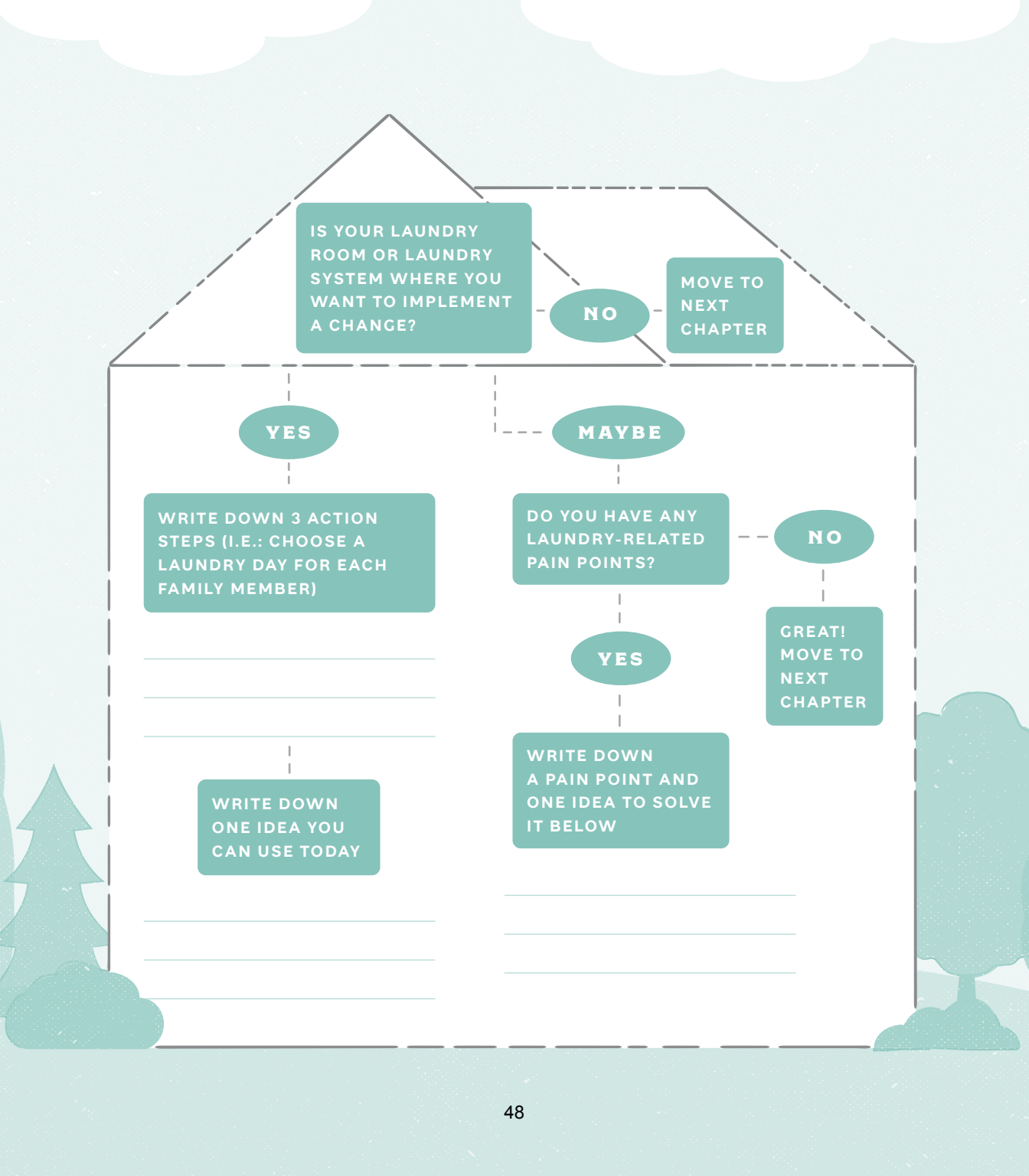
- **Socks.** We do socks differently for everyone in the house. I fold my socks in half horizontally, then open the top of one sock and bring the band over both socks so they form a neat ball. This is the only way they fit in my narrow sock drawer.

My husband keeps his socks in baskets in our closet—one for sport socks and one for dress socks. Nothing gets matched or folded.

Each kid has a bin in his or her top drawer next to an undies bin, and the socks get tossed in there. I buy large packs of identical socks so there is very little matching necessary. Grab undies and two socks and go.

- **Undies.** Fold in half, then in half again. Stack them and place them in a drawer if you're feeling fancy. I prefer storing my undies in a small bin in the top drawer of my dresser so I can just toss them in. Simple, easy, and no fuss.

Is there anything you feel is already operating as a Happy Task in your laundry room? Are there things you enjoy (or at least don't mind) doing when you're there? Write them down in the space below.



IS YOUR LAUNDRY ROOM OR LAUNDRY SYSTEM WHERE YOU WANT TO IMPLEMENT A CHANGE?

NO

MOVE TO NEXT CHAPTER

YES

WRITE DOWN 3 ACTION STEPS (I.E.: CHOOSE A LAUNDRY DAY FOR EACH FAMILY MEMBER)

WRITE DOWN ONE IDEA YOU CAN USE TODAY

MAYBE

DO YOU HAVE ANY LAUNDRY-RELATED PAIN POINTS?

YES

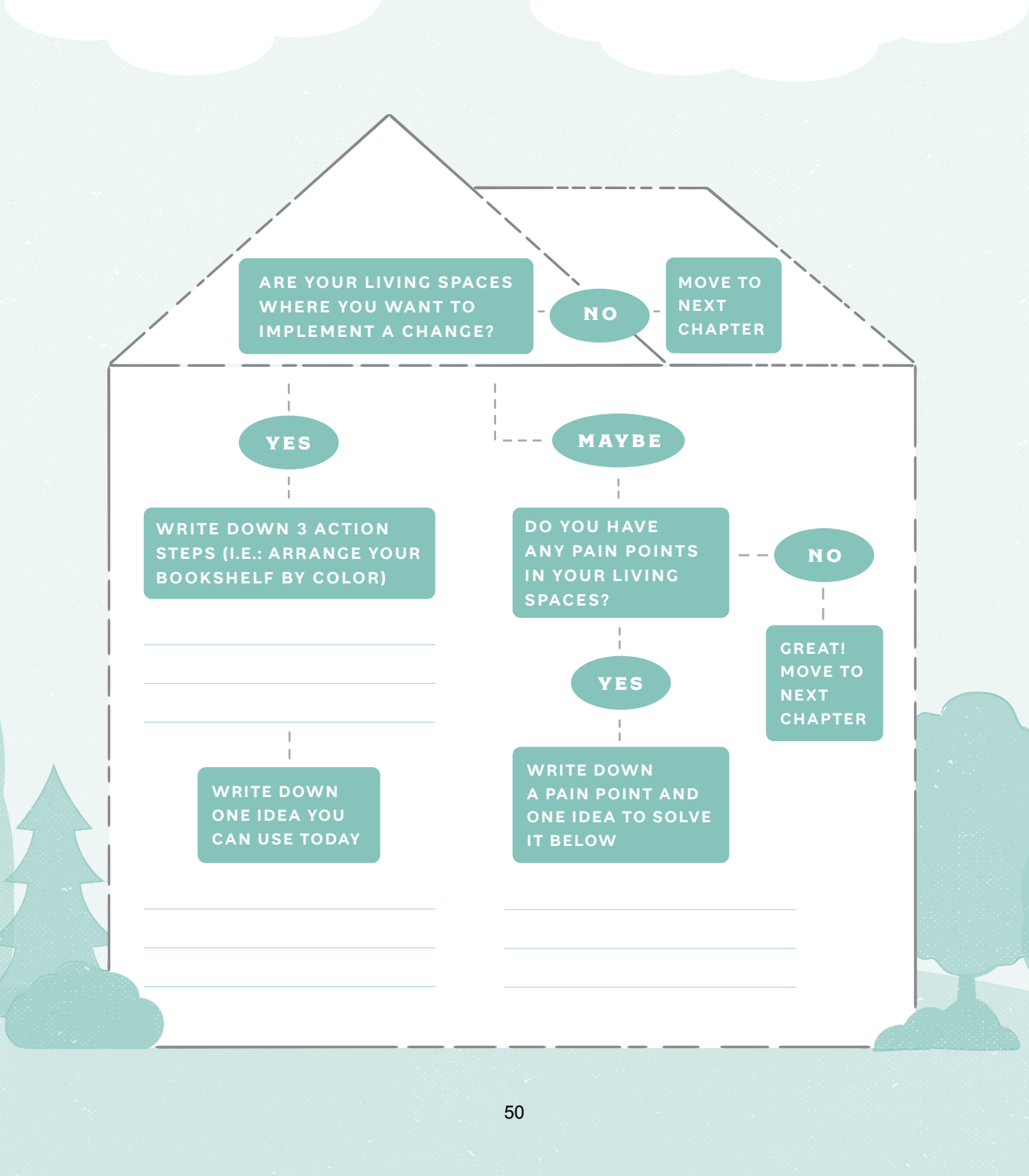
WRITE DOWN A PAIN POINT AND ONE IDEA TO SOLVE IT BELOW

NO

GREAT! MOVE TO NEXT CHAPTER

Write down a few things that cause you stress or are bothersome in your living spaces.

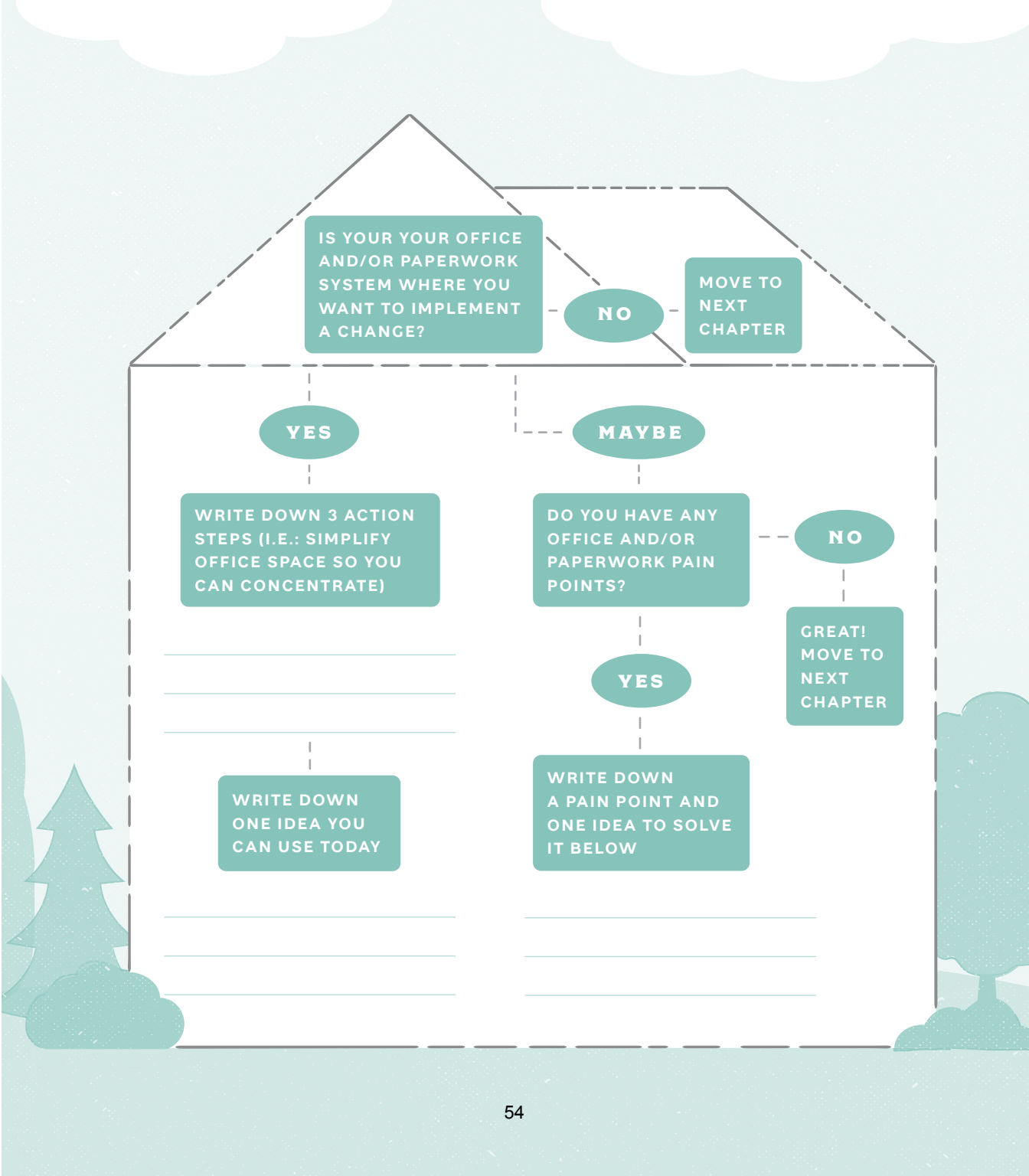
Do you have more than one living space? Use the space below to detail Pain Points in each one.



But before we get started, is there anything you feel is already operating as a Happy Task in your living spaces? Are there things you enjoy (or at least don't mind) doing when you're there? Write them down in the space below.

Write down a few things that cause you stress or are bothersome when it comes to paperwork and paper clutter.

Brainstorm and write down your own system for school papers and artwork in the space below.



IS YOUR YOUR OFFICE
AND/OR PAPERWORK
SYSTEM WHERE YOU
WANT TO IMPLEMENT
A CHANGE?

NO

MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN 3 ACTION
STEPS (I.E.: SIMPLIFY
OFFICE SPACE SO YOU
CAN CONCENTRATE)

WRITE DOWN
ONE IDEA YOU
CAN USE TODAY

MAYBE

DO YOU HAVE ANY
OFFICE AND/OR
PAPERWORK PAIN
POINTS?

NO

GREAT!
MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN
A PAIN POINT AND
ONE IDEA TO SOLVE
IT BELOW

Write down a few things that cause you stress or are bothersome in the entryway.

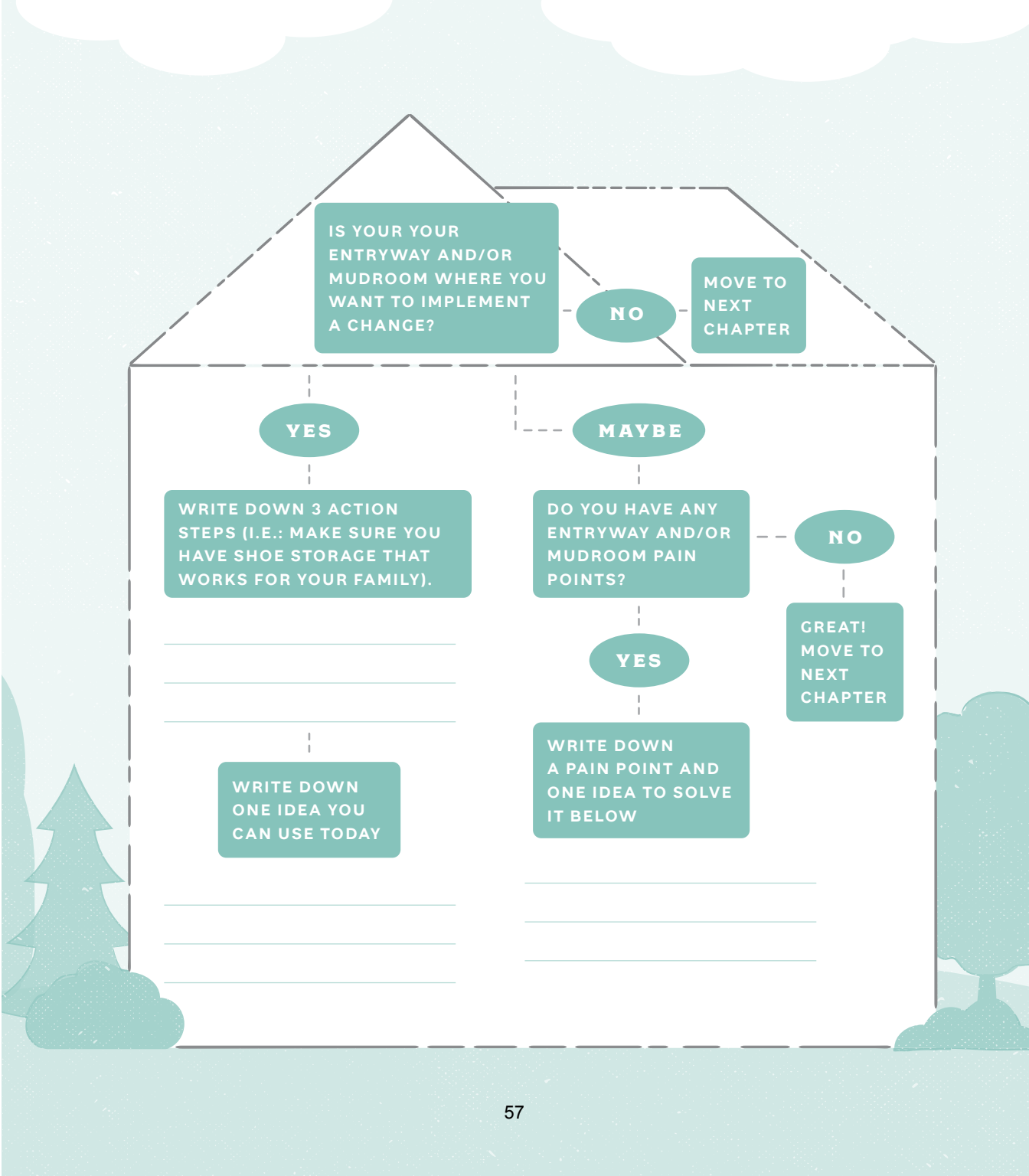
Now let's turn to the mudroom. As you did with the entryway, you need to determine *what* is causing you stress and why you aren't loving that space. You might not have a formal mudroom, but you might have a back door or a back porch that leads to your garage. Think of this space as your mudroom. If you put coats, keys, winter gear, and/or backpacks there, it's a mudroom.

Following are my Pain Points in the mudroom.

- Shoes not put away
- Coats not hung up
- Winter gear all over the place
- Dog food and dog supplies taking up space

What are your biggest stressors in the mudroom?

Is there anything you feel is already operating as a Happy Task in the entryway and/or mudroom? Are there things you enjoy (or at least don't mind) doing when you're there? Write them down in the space below.



IS YOUR YOUR
ENTRYWAY AND/OR
MUDROOM WHERE YOU
WANT TO IMPLEMENT
A CHANGE?

NO

MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN 3 ACTION
STEPS (I.E.: MAKE SURE YOU
HAVE SHOE STORAGE THAT
WORKS FOR YOUR FAMILY).

WRITE DOWN
ONE IDEA YOU
CAN USE TODAY

MAYBE

DO YOU HAVE ANY
ENTRYWAY AND/OR
MUDROOM PAIN
POINTS?

NO

GREAT!
MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN
A PAIN POINT AND
ONE IDEA TO SOLVE
IT BELOW

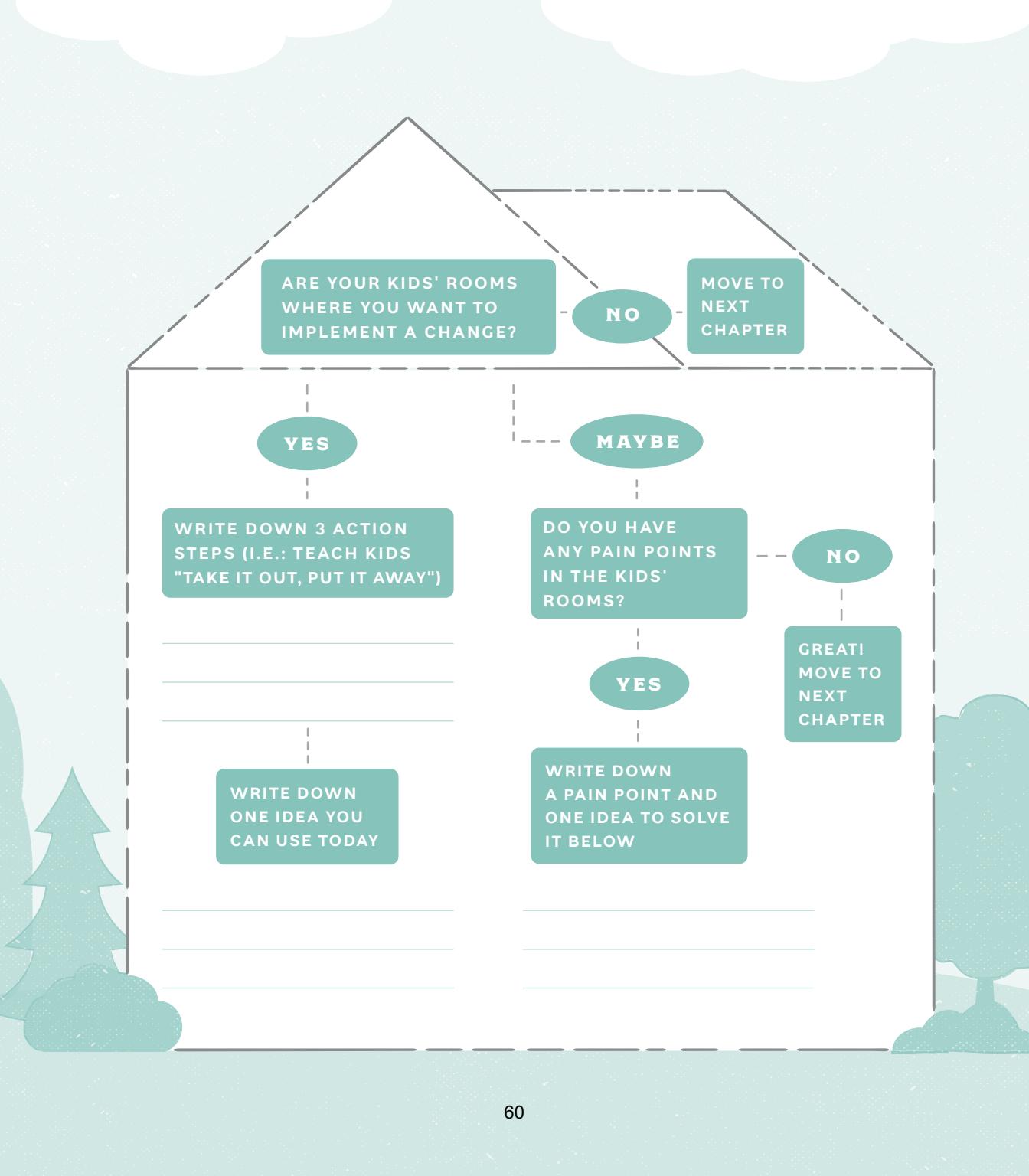
What are your biggest stressors in the kids' rooms?

Do you have a system already in place for any of the things that cause stress or are even just an annoyance in the kids' rooms? What have you tried? What do you think might work?

What types of tasks would go on a room-cleanup list for your kids? Write them down in the space below.

Rituals for Kids' Rooms

Is there anything you feel is already operating as a Happy Task in your kids' rooms? Are there things you enjoy (or at least don't mind) doing when you're there? Write them down in the space below.



ARE YOUR KIDS' ROOMS
WHERE YOU WANT TO
IMPLEMENT A CHANGE?

NO

MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN 3 ACTION
STEPS (I.E.: TEACH KIDS
"TAKE IT OUT, PUT IT AWAY")

WRITE DOWN
ONE IDEA YOU
CAN USE TODAY

MAYBE

DO YOU HAVE
ANY PAIN POINTS
IN THE KIDS'
ROOMS?

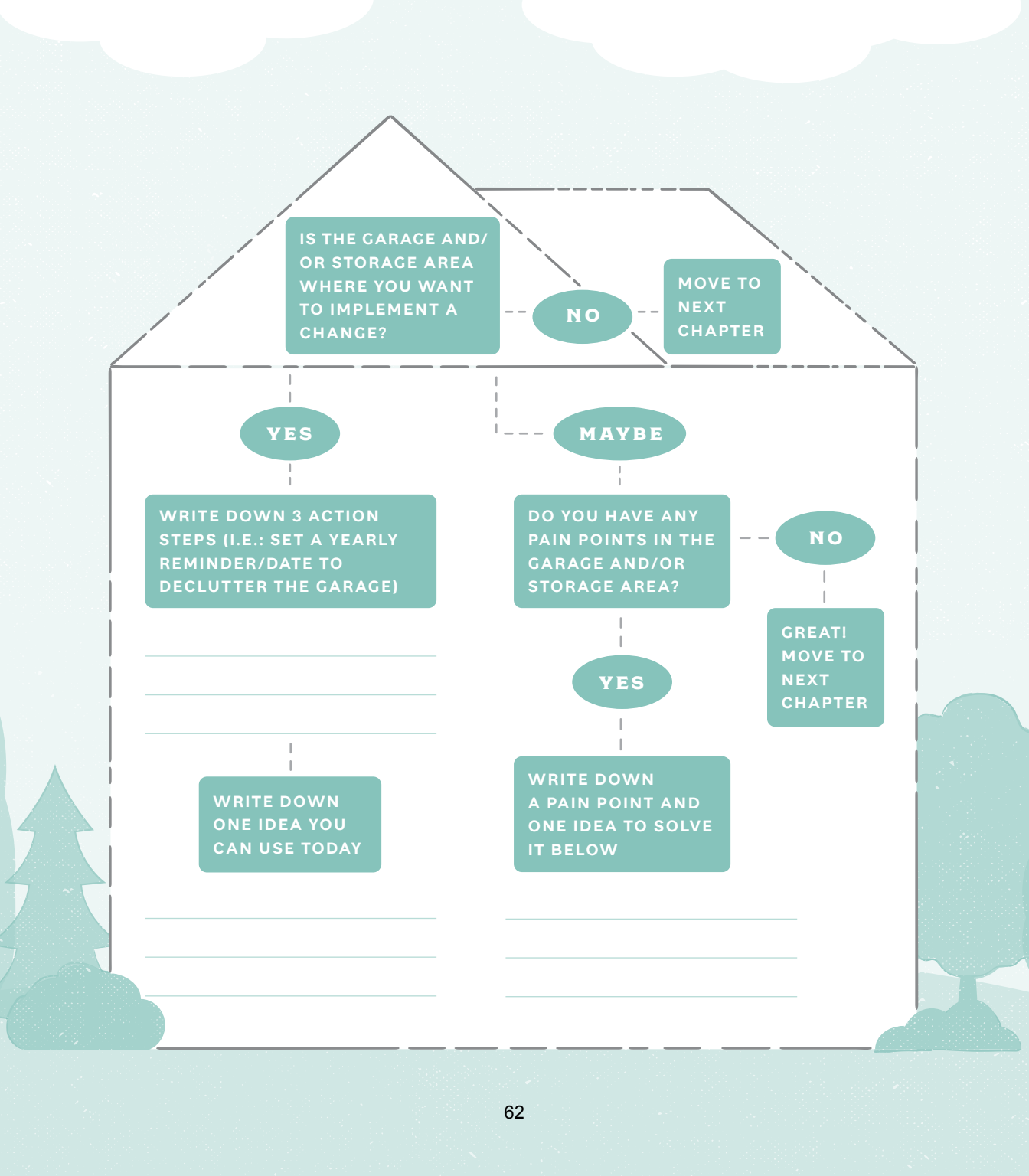
NO

GREAT!
MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN
A PAIN POINT AND
ONE IDEA TO SOLVE
IT BELOW

Write down some of your own Pain Points—things that cause you stress or are bothersome in the garage and storage areas. Do you have a system already in place for any of the things that cause stress or are even just an annoyance in the garage or your storage areas? What have you tried? What do you think might work?

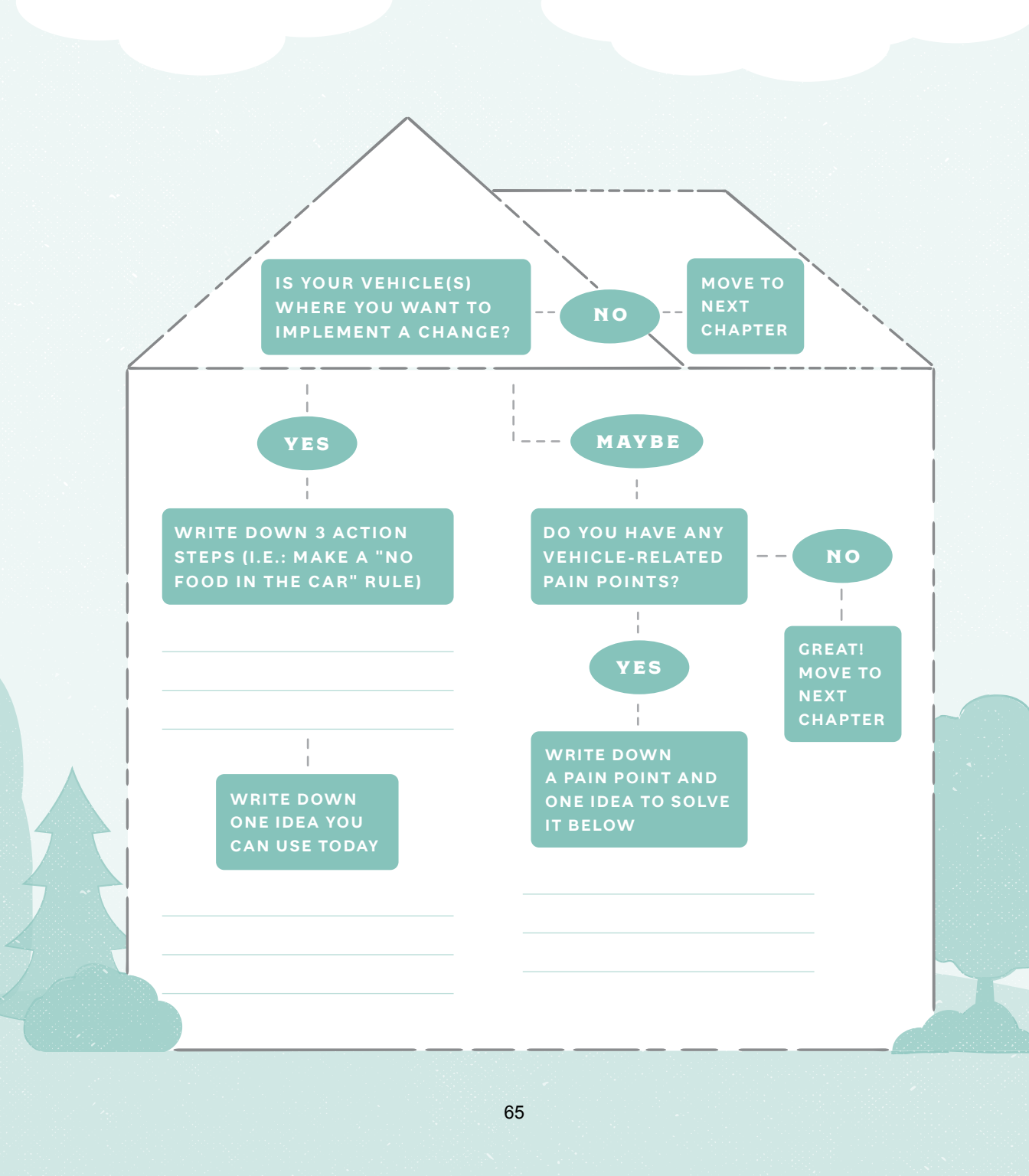


Is there anything you feel is already operating as a Happy Task in your garage or storage spaces? Are there things you enjoy (or at least don't mind) doing when you're there? Write them down in the space below.

Write down a few things that cause you stress or are bothersome in your vehicle. Do you have a system in place for doing any of the things that cause stress or even for those that are just an annoyance in your vehicle? What have you tried? What do you think might work?

Rituals for Vehicles

Is there anything you feel is already operating as a Happy Task when it comes to your vehicles? Things you enjoy (or at least don't mind) doing for them? Write them down in the space below.



IS YOUR VEHICLE(S)
WHERE YOU WANT TO
IMPLEMENT A CHANGE?

NO

MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN 3 ACTION
STEPS (I.E.: MAKE A "NO
FOOD IN THE CAR" RULE)

WRITE DOWN
ONE IDEA YOU
CAN USE TODAY

MAYBE

DO YOU HAVE ANY
VEHICLE-RELATED
PAIN POINTS?

NO

GREAT!
MOVE TO
NEXT
CHAPTER

YES

WRITE DOWN
A PAIN POINT AND
ONE IDEA TO SOLVE
IT BELOW

Write down a few things that cause you stress when it comes to your cleaning routine.

Write down your current daily cleaning routine—the things you do daily.

What is working in your daily cleaning routine?

What isn't working in your daily cleaning routine?

What is your ideal daily cleaning routine?

What is the best time of day for you to go through your daily cleaning routine?

Write down your current weekly cleaning routine—the things you do weekly.

What is working in your weekly cleaning routine?

What isn't working in your weekly cleaning routine?

What is your ideal weekly cleaning routine?

What is the best time of day for you to go through your weekly cleaning routine? Does this vary by the day of the week or by task?

Write down your current rotating cleaning routine—the things you do monthly, bimonthly, or quarterly.

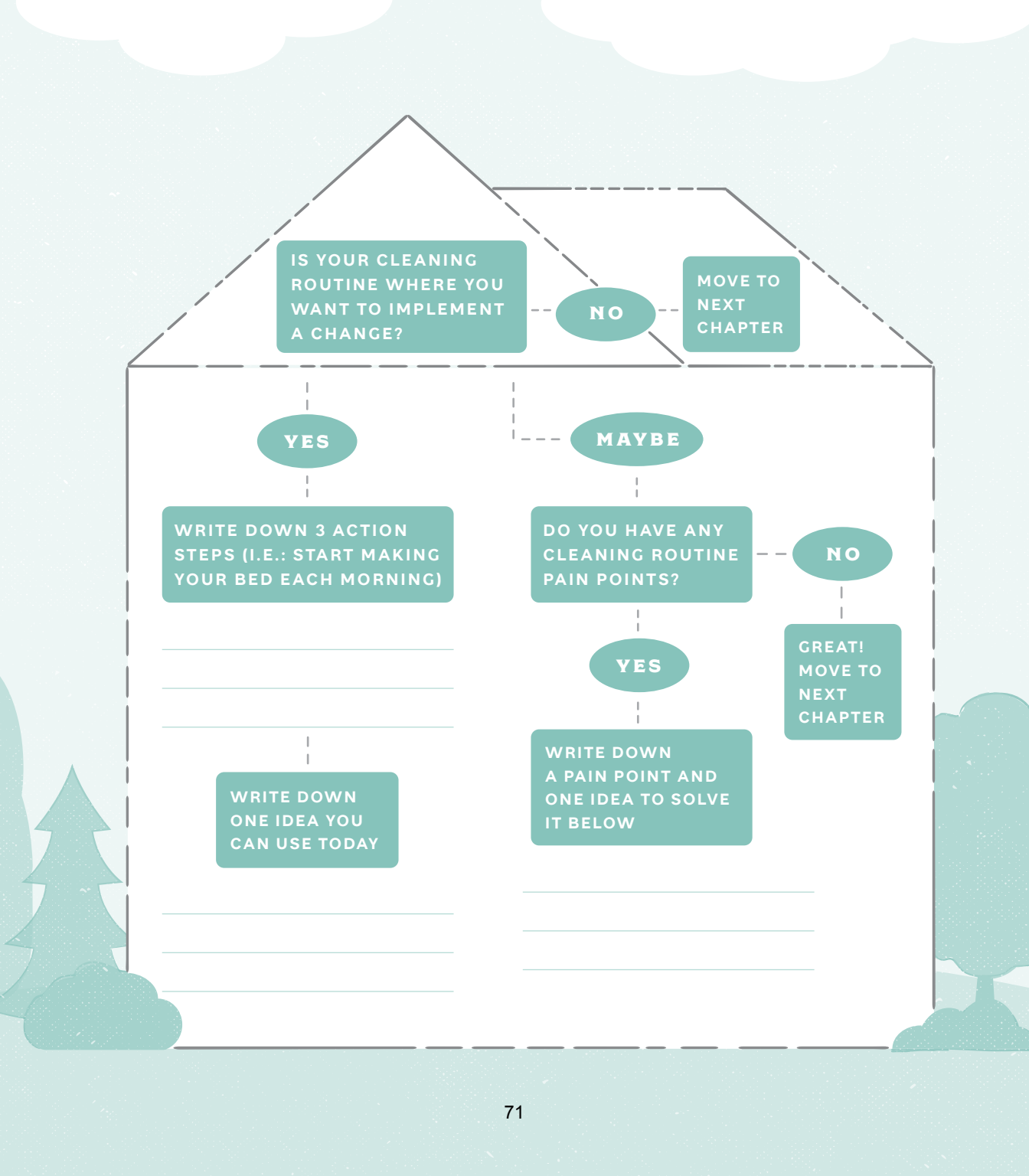
What is working in your rotating cleaning routine?

What isn't working in your rotating cleaning routine?

What is your ideal rotating cleaning routine?

When is the best time for you to go through your rotating cleaning routine?

Before we get started, is there anything you feel is already operating as a Happy Task when it comes to your cleaning routine? What parts of the cleaning routine do you enjoy (or at least don't mind) doing? Write them down in the space below.



IS YOUR CLEANING ROUTINE WHERE YOU WANT TO IMPLEMENT A CHANGE?

NO

MOVE TO NEXT CHAPTER

YES

WRITE DOWN 3 ACTION STEPS (I.E.: START MAKING YOUR BED EACH MORNING)

WRITE DOWN ONE IDEA YOU CAN USE TODAY

MAYBE

DO YOU HAVE ANY CLEANING PAIN POINTS?

NO

GREAT! MOVE TO NEXT CHAPTER

YES

WRITE DOWN A PAIN POINT AND ONE IDEA TO SOLVE IT BELOW

Make a list below of whole-house clutter catchers that would be helpful in your home.

Do you have a clutter-catching system in place that you want to refine?

APPENDIX

Clean Mama's Tried-and-True Recipes

I make most of my own cleaning products. I like knowing what's in them, and I like being able to mix up a cleaner whenever I need one. Below are recipes for the cleaners I stock in my cleaning caddies.

Refer back to this section as you're decluttering and cleaning—I bet you'll find a handful of new favorite recipes to try. Happy cleaning!

STONE-CLEANING SPRAY

This gentle yet effective spray also makes a great all-purpose cleaner. Use it to clean your sealed stone (marble, granite, quartz) counters.

INGREDIENTS

1½ cups water
2 tablespoons rubbing alcohol
¼ teaspoon liquid castile soap or dish soap

SPECIAL EQUIPMENT

16-ounce spray bottle
Soft cleaning cloth

Combine all ingredients in the spray bottle, spray on surfaces, and wipe clean with the cloth.

GLASS-CLEANING SPRAY

Looking for clean, streak-free windows and mirrors? This quick-drying spray will do the trick!

INGREDIENTS

1½ cups water

1½ tablespoons white vinegar

1½ tablespoons rubbing
alcohol

3 drops peppermint
essential oil

SPECIAL EQUIPMENT

16-ounce spray bottle

Soft cleaning cloth

Combine all ingredients in the spray bottle. To clean mirrors, spray the solution on the cleaning cloth; to clean windows, spray the solution directly on the glass. Wipe to a streak-free shine.

ALL-PURPOSE DISINFECTING SPRAY

Use this spray in bathrooms and the kitchen—anywhere that needs a little cleaning boost. Do not, however, use it on stone surfaces.

INGREDIENTS

1¼ cups water

¼ cup white vinegar

¼ cup vodka or rubbing
alcohol

15 drops essential oil
of your choice

SPECIAL EQUIPMENT

16-ounce spray bottle

Soft cleaning cloth

Combine all ingredients in the spray bottle, spray liberally on surfaces, and wipe clean with the cloth.

ALL-PURPOSE SPRAY

This is the perfect clean-just-about-anywhere spray. Want the kids to help? Hand them a bottle of this. But do not use it on stone surfaces.

INGREDIENTS

1¼ cups water

½ cup white vinegar

10 drops essential oil of your choice

SPECIAL EQUIPMENT

16-ounce spray bottle

Soft cleaning cloth

Combine all ingredients in the spray bottle, spray liberally on surfaces, and wipe clean with the cloth.

FLOOR-CLEANING SPRAY

Need a gentle and effective floor-cleaning spray? Try this on any type of floor. You can also pour it directly into the container of a spray mop if you don't want to carry the bottle around with you.

INGREDIENTS

1¾ cups warm water

1 to 2 drops liquid castile soap

3 to 5 drops essential oil of your choice (optional)

SPECIAL EQUIPMENT

16-ounce spray bottle

Combine all ingredients in the spray bottle. Spray on small sections of the floor at a time, then mop and admire your clean floors.

SHOWER SPRAY

Looking for a way to prevent soap scum and mildew from forming? Spray this on the tile and glass right after showering and you'll spend less time scrubbing on bathroom cleaning day.

INGREDIENTS

½ cup vodka or rubbing
alcohol
1 cup water
10 drops peppermint
essential oil

SPECIAL EQUIPMENT

16-ounce spray bottle
Squeegee

Combine all ingredients in the spray bottle. Spray the shower or tub immediately after showering. Wipe with a squeegee to remove excess water and prevent water spots (no rinsing necessary).

NIGHTLY SINK SCRUB

After the dishes are done for the night, using a nightly sink scrub in your sink will leave the surface sparkling clean. See page 79 for the recipe.

FABRIC REFRESHER

Looking for a safe and effective fabric refresher that eliminates odors and works well on bedding and pillows? See page 111 for the recipe.

BATHROOM SCRUB

Sprinkle this scrub anywhere in the bathroom where you need a little extra cleaning power. It's perfect for the tub, shower, sink, and faucets.

INGREDIENTS

2 cups baking soda
20 drops essential oil of
your choice
1 squirt liquid castile soap

SPECIAL EQUIPMENT

Container with a lid or
shaker top
Scrub brush or sponge

Pour the baking soda into your container. (I like using a mason jar.) Drop the essential oil on top of the baking soda and stir with a table knife to combine.

Wet your surfaces and sprinkle the scrub liberally on top. Squirt with castile soap and scrub with the scrub brush or sponge. Rinse thoroughly.

Store the baking soda mixture under the sink; it will keep for several months.

“BEFORE YOU GO” SPRAY

You know that “before you go” spray you’ve seen in the store? You can make your own with just four ingredients. See page 102 for the recipe.

SOFT CLEANING PASTE

Sometimes you need a little extra *oomph* to tackle those tough-to-clean spots such as ovens, tile, and grout. This paste gives you the power you need! Grab your scrub brush and a scoop of this scrub and you'll be looking for things to clean.

INGREDIENTS

1 cup baking soda
½ cup washing soda (such as
Arm & Hammer)
1 teaspoon citric acid
1 tablespoon kosher salt
4 tablespoons liquid castile
soap
20 drops essential oil of
your choice
½ to ¾ cup white vinegar

SPECIAL EQUIPMENT

Sealed nonreactive container
for storage
Scrub brush or sponge

Combine baking soda, washing soda, citric acid*, and salt in a large nonreactive bowl. Add soap and essential oil and stir to combine. Carefully add ½ cup vinegar (the mixture will bubble). Mix thoroughly, adding more vinegar if needed to make the paste hold together. Scoop out a tablespoon or two and apply with the scrub brush or sponge. Rinse thoroughly. Store in a sealed nonreactive container.

*Citric acid is usually available in the canning section of the supermarket.
