

Home space schedule

*You are only one person, do what you can when you can. Burn out is real and will set you back. Take it 1 change at a time!



Everyday (Home)

- Do a 10-15 min pick up in your space. Put everything in it's home before you settle down to sleep.
- Assess & prioritize your do to list for the next day. Be intention about your goals.
- Go over your accomplishments big, and small. Being alive counts!

Every week (Home)

- Clean out old food in fridge, create grocery list.
- Stop buying items you do not eat. Plan your meals for the week.
- Do laundry 1-3 people living in space.
- Take any donations or return accumulated.
- Clean your restrooms.

Cleaning your space will help you stay organized, also. You are not going to clean around those donations too many times before you go ahead and drop them off. (From now on 😊) Check out "What & Where to donate PDF"

Every 2 weeks (Home)

- Pick a drawer, box or section of clothing to sort and organize. (10-20 minute project).
- Dust every surface including ceiling fans and blinds. Wipe down all hard surfaces.
- Check food expiration dates and wipe out refrigerator.

Stop right here! Start modifying this to your life. Add or remove as needed. Example: If you have someone clean your home, remove those to do's. Then, go ahead and add the goals you have specifically in each time frame. Be realistic about YOUR time, you may want to do a 10-20 min project every week. Like with all advice and help, you take what works for you and flourish! Organizing and staying organized is the SAME!!

Every month (Home)

- Check expiration dates in your pantry.
- Scan over clothes/shoes not worn in last 30 days, donate ones that no longer serve you.
- Complete 3-4 small organizing projects (no longer than 30 min. each and does not have to be done in 1 session)

Every Quarter (Home)

- Dedicate time to completing projects you may not have been able to get to in the last 3 month. Use some of your free time to knock out 30 min-4 hours, organizing your space.
- Change your filters (A/C, water), wipe down & vacuum your ducts.
- Match up socks and tupperware.

Every 6-12 (Home)

- Assess your space: Cabinets, closets, drawers, storage, etc.. Figure what has and has not been working for you over the last 6 months. And adjust. Move clothes around in your closet so you will see items you forgotten about. Go ahead and store the item you have only used 2 times, away.

What you will do is give yourself grace!! Life is busy, shit happens and can change your entire routine. If you have always been organized and are not now or have never been, who cares besides that not so nice voice in your head? You are here in this moment, right now! With small steps you have the tools to make the space you want. It may not happen over night, but with all great things it will be sooo worth it!!

I BELIEVE IN YOU!!! 