

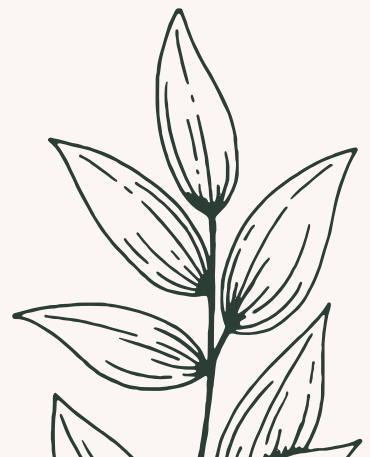


Weekley Cleaning Rhythm

(3 hours max, no guilt included)

This isn't a checklist, it's a rhythm.
Dance if you want, nap if you don't.

1. Make beds & open windows – 3 mins
2. Start a laundry load – 3 mins
3. Fold & put away laundry. – 5–10 mins
4. Dust visible surfaces – 10 mins
5. Declutter hotspots – 10 mins
- (kitchen counter, anyone?)
6. Clean mirrors/windows – 20–30 mins
7. Wipe stove and oven – 15–20 mins
8. Organize fridge – 10 mins
9. Vacuum + mop floors – 20–30 mins
10. Dishes. – every day, just accept it



Daily Habits That Keep You (Mostly) Sane

For those days when adulting feels optional.



**Morning
(3–5 minutes):**

**Make the bed
(lazy version
allowed)**

**Open windows –
pretend it's a
reset button**

**Put clothes and
mugs back where
they belong(ish)**

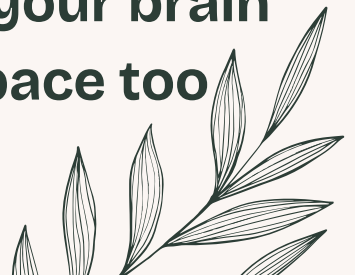


**Evening
(5–10 minutes):**

**Dishes (or at least
stack them like
optimistic Tetris)**

**Vacuum high-traffic
areas**

**Clear surfaces
– because your brain
needs space too**





A Gentle Reminder

**You don't have to be perfect.
You don't have to do it all.
You don't even have to finish
everything you start.**

**Start with a shelf. A drawer.
A basket of socks. Then stop.
Or don't. You're in charge here.**

**This isn't about impressing anyone.
This is about supporting *you*.**

**Cleaning can be your act of quiet rebellion –
against chaos, overwhelm, and the myth of the
perfect home.**

You're doing great. Even if the laundry isn't.

Notes for Myself

