

Pre-Spring Cleaning Check In

How do you feel right now about the current state of your space?



AWESOME



GOOD



OKAY



NOT GOOD



HORRIBLE

What do you want to accomplish from spring cleaning?

How do you want to FEEL after spring cleaning?

Today's affirmation:

Spring Cleaning Checklist

- 1. Schedule the date(s) to spring clean (*if you schedule it, it's more likely to happen*)
- 2. Ask family, roommates and friends for help or support so they can mark it in their calendar (*optional*)
- 3. Gather all supplies that you need (*refer to Cleaning Supplies checklist*)
- 4. Create a list of spaces that need to be done in order of priority (*take it one space at a time*)
- 5. Open all windows, doors and drawers of furniture so every space can breathe and bring in new energy
- 6. Write on sticky notes to designate areas for each of these categories: *keep, relocate, trash, recycle, donate, sell*
- 7. Take out all items to start decluttering and categorizing
- 8. Wipe down, dust or vacuum each drawer, shelf and surface before you put items back
- 9. Use the magic eraser to clean up scuffs and marks on walls, doors, baseboards and trims
- 10. Touch up walls, doors, baseboards and trims with paint (*optional*)
- 11. Shred any old documents
- 12. Return items to their homes or relocate
- 13. Throw out trash and recycling
- 14. Light a candle or use a diffuser in each room after it's complete
- 15. Take items to donations IMMEDIATELY (*this seems to be the task that gets procrastinated the most*) OR schedule a date to do so and stick to it so that you don't have donation piles taking up space for longer than it has to

Cleaning Supplies

- Multipurpose cleaner
- Microfiber cloth and/or duster
- Cleaning gloves and masks
- Vacuum
- Garbage bags
- Recycling bin
- Cardboard boxes
- Shredder
- Magic eraser
- Touch up paint for walls, doors, baseboards and trims (*optional*)
- Sticky notes and marker
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Post-Spring Cleaning Check In

How do you feel right now about the current state of your space?



AWESOME



GOOD



OKAY



NOT GOOD



HORRIBLE

Elaborate further on how you feel now? Did you accomplish your goals?

What did you learn or take away from this experience?

What are you grateful for today?
