



mother simply

SIMPLE DAILY CLEANING HABITS



Make a list of the things you wish you did daily, and then pick one thing to work on. What drives you crazy every day? What would make the biggest impact in your life?

Why isn't it happening now? **Write down any problems you face in getting that thing done.** Things to consider: do you prefer to do this by yourself or with others? How long do you think it will take? What steps of the process seem particularly difficult or unattractive?

Find solutions to each problem you identified and make a plan. Things to consider: Can you eliminate some of the steps to make the process simpler? Can you get others involved to make it more fun? Would outside accountability help motivate you?

Find a spot for it in your day! **Make a list of things that happen every day, whether they happen at roughly the same time every day or not.** (This list could totally include "someone has a tantrum." I use my children's tantrums to remind me to pray.) **Pick something from your list to "trigger" your habit.** Something that can serve as a reminder to act!

Try it for a couple of weeks. If more problems arise, return to step 3. If you've found something that works for you, CONGRATULATIONS!! Now return to step 1 when you're ready and pick a new item from your list. Repeat the process.