



50 Ways to Defrazzle Your Housekeeping!

From the Mom-Defrazzler

www.mom-defrazzler.com

1. Establish a workable routine and stick to it
2. Have a starting time and a quitting time
3. Keep all tools with you in a caddy or apron
4. Work every room clockwise and from top to bottom
5. Spray all surfaces as you go, and let them "soak"
6. Use only non-toxic cleaners
7. Make sure you have the right tools for the job
8. Invest in the best tools you can afford
9. Get your kids involved – train them well
10. Do quick cleaning "blitzes" on a regular basis
11. Tame your "hot spots"
12. Boil a cup of water in the microwave before cleaning to soften the food particles
13. Call a charity for pick-up before you start to clean
14. Tackle one "deep cleaning" project every day (like a shelf or drawer)
15. Keep a list of 5 minute jobs that you can do while you're waiting for dinner to cook
16. Use a wet rubber glove to remove pet hair
17. Line the bottom of it with a piece of paper towel that has a few drops of essential oil on it.
18. Donate household things and clothing weekly.
19. If you don't love it passionately, or use it regularly, get rid of it
20. Use dividers/boxes/containers for everything
21. Go from the mailbox to your recycling bin.
22. Sort paperwork into Ditch, Do, Delegate, Decide
23. Have kids toss all dirty socks in a mesh bag. Wash the whole bag and give it back as is – without pairing
24. If you can do it in 5 minutes, do it now.
25. If it doesn't have a purpose and it's too much effort to find a place, toss it.
26. Engage and train your family members
27. Reduce your possessions by half
28. Never put anything down, always put it away
29. Never leave a room without doing a "tidy check"
30. For "hot spots" where clutter gathers, establish a 24 hour rule. If it's not put away, it's tossed
31. If your house is terrible, throw a party to force yourself to clean up
32. Trade hated chores with friends (
33. Divide chores into seasons and schedule them quarterly
34. Treat your home as if you were moving
35. Listen to cheerful music or an audio book while you work
36. Have specific chores for specific days – Monday is wash day, Tuesday is Kitchen, for example
37. Consider housework a fitness workout!
38. "Reset" your house each evening before bed
39. "A place for everything and everything in its place"
40. Use mismatched socks for polishing furniture
41. Say prayers of blessing for the owners of the objects your picking up, as you work
42. Set a timer and try to beat the clock
43. Visualize a clean house while you work – smile!
44. Use chore charts and be diligent with them
45. Trade homes with a friend – you clean hers, she cleans yours
46. Divide your tasks into bite-sized pieces and do 5-6 a day.
47. Keep cleaning cloths in a Tupperware box in the bathroom. Pour cleaning solution over them, and do a quick wipe down every day
48. Keep your standards reasonable, not perfect
49. Open windows while you clean
50. And remember, "If your house is too clean, you're not having enough fun!"