



MY PRETTY THOUGHTS

Daily Cleaning Planner

Adaptable routines for a cleaner home without an all-or-nothing schedule

100 PAGES / YOUR NEXT CHAPTER

A little structure. A fresh start.

Build a cleaning system that fits your home, energy, access needs, and responsibilities. Each of the 14 modules contains seven distinct workbook pages: a lesson, checklist, action plan, comparison worksheet, reflection, seven-day tracker, and review. Together with a cover and contents page, these form a 100-page workbook. Start with the smallest useful change, adapt tasks freely, and treat missed days as information rather than failure.

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This workbook provides general household planning information. Follow product labels, appliance instructions, tenancy requirements, and local disposal guidance. Never mix cleaning products. Use appropriate ventilation and protective equipment as directed. Keep products away from children and pets. Seek qualified help for suspected asbestos, significant mold, sewage, hazardous waste, electrical risks, or work beyond your ability. Adapt tasks to your health and access needs.

THE GUIDE

1. Build Your Minimum Daily Routine

A useful cleaning routine protects essential functions before it pursues appearance. Start by identifying what your household needs to eat, wash, sleep, and move around safely. These needs become your minimum routine. For many homes, that means dealing with food scraps, making one usable preparation surface, clearing a walking route, and containing dirty laundry. Choose a short time limit you can usually manage, such as five or ten minutes. Assign each task a clear stopping point: clear the sink enough to wash tomorrow's dishes, rather than finish the entire kitchen. Create three versions of the routine for low, ordinary, and higher energy days. The smallest version should still count as success. Attach the routine to an existing event, such as finishing dinner, rather than relying only on motivation. After one week, review which tasks reduced tomorrow's workload. Remove steps that added effort without improving safety, comfort, or function in your home.

What matters most to you here?

YOUR CHECKLIST

1. Build Your Minimum Daily Routine

Start with what fits your situation. Mark each item when it is complete.

☐ Identify four essential household functions.

☐ Choose a realistic daily time limit.

☐ Write a low-energy routine.

☐ Write an ordinary-day routine.

☐ Choose an existing event as your cue.

☐ Define a stopping point for every task.

Anything else to check?

MAKE A PLAN

1. Build Your Minimum Daily Routine

01 List the three cleaning problems that most disrupt tomorrow.

My next step / who can help / target date

02 Select one task for each problem and estimate its duration.

My next step / who can help / target date

03 Try the smallest routine after your chosen cue today.

My next step / who can help / target date

04 Adjust the routine after seven days of observations.

My next step / who can help / target date
