

4 Weeks to a More Organized Home

The Complete List

Week 1 — Monday Assignment

Get dressed in something that makes you feel great. There's something about dressing in clothes that make you feel great that just gives you more energy and zest for life! Get your [free copy of SarahMae's ebook, Frumps to Pumps](#), if you need more motivation in this.

Sit down with a cup of coffee or tea and **make a list of 5-10 goals for this week.**

Complete your morning routine. If you don't have a morning routine, take some time to create one today! Read my [How to Develop a Routine That Works—And Stick With It series](#) for step-by-step help.

Set the timer for 15 minutes and quickly **pick up the main living areas of your home.**

Find 7 items to get rid of today. Throw them out, stick them in a donate or garage sale box, give them to a friend who can use them, or list them on Craigslist or eBay.

Clean out your purse and/or diaper bag.

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Week 1 — Tuesday Assignment

Get dressed in something that makes you feel great.

Sit down with a cup of coffee or tea, refer to your [list of weekly goals](#) you made yesterday, and **make a list of no more than 5-7 specific things you want to accomplish today.**

Complete your morning routine.

Set the timer for 15 minutes and **do a quick-clean of your kitchen:** wash the dishes/load the dishwasher, clear off the countertops, and, if you have time, wipe down the countertops and the outside of the cupboards with wet rag or cleaning cloth.

Find 7 items to get rid of today.

Clean out your refrigerator. There's a [step-by-step guide for cleaning out your refrigerator here.](#)

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Week 1 — Wednesday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your [list of weekly goals](#), and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **do a quick-clean of your bedroom:** throw out any trash, put away items that are out of place, get rid of clutter, tidy up, vacuum, and make your bed.
- Find 7 items to get rid of today.**
- Clean out your freezer.** If you need step-by-step help, read this guide on [How to Clean Out Your Freezer](#).

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Week 1 — Thursday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your [list of weekly goals](#), and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **do a quick-clean of your bathroom.** Need specific directions? Read this article on [How to Clean Your Bathroom in 15 Minutes](#).
- Find 7 items to get rid of today.**
- Clean out underneath your beds and furniture.** Remove clutter and trash and put it away or throw it away. Move the furniture (if possible) and vacuum underneath.

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Week 1 — Friday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your *list of weekly goals*, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for at least 15 minutes and **do something you really enjoy and that relaxes and rejuvenates you.** If you need ideas, here are a few: read, write, call a friend, pray, exercise, bake, play with your children, laugh with your husband, stop by the bookstore and browse the book selection, work in the garden, or take a nap! Take some time to just stop and enjoy life today!
- Clean your couch.** Remove your couch cushions and clean out any crumbs, toys, or other miscellaneous items you find. Use an attachment on your vacuum to vacuum the cushions, underneath the cushions, and all crevices of your furniture. Spot clean the fabric, if needed.

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Week 2 — Monday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea and **create a list of weekly goals.**
- Complete your morning routine.**
- Set the timer for 15 minutes and quickly **pick up your house and put things back into order after the weekend.**
- Find 7 items to get rid of today.**
- Clean out the inside of your vehicle.** Remove all trash and clutter. Use a vacuum attachment to vacuum all the seats and floors out.

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Week 2 — Tuesday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your **list of weekly goals** you made yesterday, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **vacuum the main living areas of your home.**
- Find 7 items to get rid of today.**
- Wipe down all the baseboards in your home.** If you have children who can help, you might divide your home up into sections and have everyone take a section so you can get this job done quickly!

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Week 2 — Wednesday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your **list of weekly goals**, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **go through your dresser drawers.** Remove items you no longer love, need, and/or wear. Quickly organize the remaining items.
- Find 7 items to get rid of today.**
- Wipe down all the door handles in your home.** You can use a damp rag with a little disinfectant on it or a cleaning wipe. If you have younger children, they'd probably enjoy joining you in tackling this project!

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Week 2 — Thursday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your *list of weekly goals*, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **do a quick-clean of your bathroom.**
- Find 7 items to get rid of today.**
- Clean your light switch plates.** You can use a damp rag with a little disinfectant on it or a cleaning wipe. If you have younger children, they'd probably enjoy joining you in tackling this project!

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Week 2 — Friday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your *list of weekly goals*, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for at least 15 minutes and **do something you really enjoy and that relaxes and rejuvenates you.**
- Dust all ceiling fans and clean all light fixtures in your house.** Check for burned out light bulbs and replace them.

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Week 3 — Monday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea and **create a list of weekly goals.**
- Complete your morning routine.**
- Set the timer for 15 minutes and quickly **pick up your house and put things back into order after the weekend.**
- Find 7 items to get rid of today.**
- Clean out your silverware drawer.** Remove all items, vacuum out the crumbs with your vacuum's attachment, wipe down the drawer with a damp cloth, get rid of anything you don't need or no longer use, and then put everything you're keeping back into the drawer in an organized manner.

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Week 3 — Tuesday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your **list of weekly goals** you made yesterday, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **vacuum the main living areas of your home.**
- Find 7 items to get rid of today.**
- Clean your microwave, stove top, and/or oven.**

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Week 3 — Wednesday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your *list of weekly goals*, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **do a quick-clean of your bathroom.**
- Find 7 items to get rid of today.**
- Clean the top of your kitchen cupboards** (if there is space between them and the ceiling) **and the top of your refrigerator.** If you have clutter on the top of your refrigerator, go through it and see if you can get rid of it or find a new home for it. Wipe down the outside of your kitchen cupboard doors.

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Week 3 — Thursday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your *list of weekly goals*, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **clean the mirrors and glass doors in your house.**
- Find 7 items to get rid of today.**
- Clean out your utensil drawer(s)** (those with serving spoons, ladles, spatulas, etc.) **in the kitchen and your junk drawer(s).** Take everything out, throw out the trash, get rid of extra clutter, wipe out the drawers, and re-organize the contents as you put them back in.

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Week 3 — Friday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your *list of weekly goals*, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for at least 15 minutes and **do something you really enjoy and that relaxes and rejuvenates you.**
- Find 7 items to get rid of today.**
- Clean your computer.** Wipe down the screen and keys with a damp cloth, organize files, delete emails, etc.

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Week 4 — Monday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea and **create a list of weekly goals.**
- Complete your morning routine.**
- Set the timer for 15 minutes and quickly **pick up your house and put things back into order after the weekend.**
- Find 7 items to get rid of today.**
- Clean your vents.** If you have floor vents that can be removed, remove them and wash them in warm soapy water. Vacuum/clean any dirt or grime around the floor vent area and replace the vent. Use a vacuum attachment and/or a wet rag to dust/clean your other vents.

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Week 4 — Tuesday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your **list of weekly goals** you made yesterday, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **do a quick-clean of your bathroom.**
- Find 7 items to get rid of today.**
- Clean out and reorganized your kitchen cupboards and pantry.**

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Week 4 — Wednesday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your **list of weekly goals**, and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **vacuum the main living areas of your home.**
- Find 7 items to get rid of today.**
- Vacuum your carpeted closets.** Sweep or mop the floor in those closets without carpet. Remove all items from the closet floor and get rid of clutter, trash, and items that don't belong in that closet.

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Week 4 — Thursday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your [list of weekly goals](#), and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for 15 minutes and **wipe down your windowsills and trim around your windows** (that is, if you didn't wipe these when you wiped down the baseboards earlier this month).
- Find 7 items to get rid of today.**
- Clean your windows and blinds and/or window treatments.** If you want to get really ambitious, you can take the screens off (if you have screens) and clean the outside of your windows. Or, you can just use window cleaner and clean your windows on the inside. Dust or wash your blinds. Remove any washable window treatments and launder them.

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Week 4 — Friday Assignment

- Get dressed** in something that makes you feel great.
- Sit down with a cup of coffee or tea, refer to your [list of weekly goals](#), and **make a list of no more than 5-7 specific things you want to accomplish today.**
- Complete your morning routine.**
- Set the timer for at least 15 minutes and **do something you really enjoy and that relaxes and rejuvenates you.**
- Clean out and re-organize your medicine cupboard(s).** Check expiration dates on medicines and dispose of any that are expired. Note: Check out [this article](#) for information from the FDA on [how to properly dispose of medicine](#).

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4 Weeks to a More Organized Home

The Short List

Week 1

- Day 1.** Clean out your purse and/or diaper bag.
- Day 2.** Clean out your refrigerator. There's a [step-by-step guide for cleaning out your refrigerator here](#).
- Day 3.** Clean out your freezer. If you need step-by-step help, read this guide on [How to Clean Out Your Freezer](#).
- Day 4.** Clean out underneath your beds and furniture. Remove clutter and trash and put it away or throw it away. Move the furniture (if possible) and vacuum underneath.
- Day 5.** Clean your couch. Remove your couch cushions and clean out any crumbs, toys, or other miscellaneous items you find. Use an attachment on your vacuum to vacuum the cushions, underneath the cushions, and all crevices of your furniture. Spot clean the fabric, if needed.

Week 2

- Day 6.** Clean out the inside of your vehicle. Remove all trash and clutter. Use a vacuum attachment to vacuum all the seats and floors out.
- Day 7.** Wipe down all the baseboards in your home. If you have children who can help, you might divide your home up into sections and have everyone take a section so you can get this job done quickly!
- Day 8.** Wipe down all the door handles in your home. You can use a damp rag with a little disinfectant on it or a cleaning wipe. If you have younger children, they'd probably enjoy joining you in tackling this project!
- Day 9.** Clean your light switch plates. You can use a damp rag with a little disinfectant on it or a cleaning wipe. If you have younger children, they'd probably enjoy joining you in tackling this project!
- Day 10.** Dust all ceiling fans and clean all light fixtures in your house. Check for burned out light bulbs and replace them.

Week 3

- Day 11.** Clean out your silverware drawer. Remove all items, vacuum out the crumbs with your vacuum's attachment, wipe down the drawer with a damp cloth, get rid of anything you don't need or no longer use, and then put everything you're keeping back into the drawer in an organized manner.
- Day 12.** Clean your microwave, stove top, and/or oven.
- Day 13.** Clean the top of your kitchen cupboards (if there is space between them and the ceiling) and the top of your refrigerator. If you have clutter on the top of your refrigerator, go through it and see if you can get rid of it or find a new home for it. Wipe down the outside of your kitchen cupboard doors.
- Day 14.** Clean out your utensil drawer(s) (those with serving spoons, ladles, spatulas, etc.) in the kitchen and your junk drawer(s). Take everything out, throw out the trash, get rid of extra clutter, wipe out the drawers, and re-organize the contents as you put them back in.
- Day 15.** Clean your computer. Wipe down the screen and keys with a damp cloth, organize files, delete emails, etc.

Week 4

- Day 16.** Clean your vents. If you have floor vents that can be removed, remove them and wash them in warm soapy water. Vacuum/clean any dirt or grime around the floor vent area and replace the vent. Use a vacuum attachment and/or a wet rag to dust/clean your other vents.
- Day 17.** Clean out and reorganized your kitchen cupboards and pantry.
- Day 18.** Vacuum your carpeted closets. Sweep or mop the floor in those closets without carpet. Remove all items from the closet floor and get rid of clutter, trash, and items that don't belong in that closet.
- Day 19.** Clean your windows and blinds and/or window treatments. If you want to get really ambitious, you can take the screens off (if you have screens) and clean the outside of your windows. Or, you can just use window cleaner and clean your windows on the inside. Dust or wash your blinds. Remove any washable window treatments and launder them.
- Day 20.** Clean out and re-organize your medicine cupboard(s). Check expiration dates on medicines and dispose of any that are expired. Note: Check out [this article](#) for information from the FDA on [how to properly dispose of medicine](#).