

# 50 THINGS TO THROW AWAY

## for instant decluttering

- Old magazines
- Old couch pillows
- Movies you don't watch
- Movies that are scratched
- Burnt out candles
- Extra cords
- Games with missing pieces
- Old books
- Broken makeup
- Old makeup
- Old nail polish
- Old perfume
- Old toothbrushes
- Half empty bottles
- Towels with holes
- Anything you haven't used in the last 3 months
- Socks without a match
- Socks with holes
- Underwear with holes
- Clothes you haven't worn in at least 6 months
- Clothes that don't fit
- Earrings without a match
- Old ties
- Old belts
- Old purses
- Old hats and gloves
- Worn out shoes
- Worn out blankets
- Old pillows
- Expired food
- Take out menus
- Restaurant sauce packets
- Old coupons
- Old cleaning supplies
- Cups with missing pieces
- Anything you have too much of
- Excess tupperware
- Rags with holes
- Expired medication
- Old mail
- Old manuals
- Old receipts
- Old paperwork
- Birthday cards
- Broken toys
- Happy meal toys
- Anything with missing pieces
- Things they never play with
- Duplicates
- Puzzles with missing pieces





# House Cleaning Schedule



## Daily

- Make Beds
- Quick Sweep
- Fold and Put Away Laundry
- Start Laundry
- Wipe Down Kitchen Counters
- Vacuum (as needed)
- Empty Dishwasher
- Do Dishes
- Pick Up and Put Away

## Weekly

### Monday

- Sweep & Mop Floors
- Spot Clean Sofas & Rugs
- Clean Out Fridge

### Tuesday

- Wash Bedding
- Bathroom Counters & Mirrors
- Clean Oven & Microwave (As Needed)

### Wednesday

- Dust
- Wipe Down Walls & Doors

### Thursday

- Clean Toilets & Tubs
- Organize & Declutter

### Friday

- Meal Plan
- Misc: \_\_\_\_\_

"Have nothing in your house that you do not know to be useful or believe to be beautiful." -William Morris

# Weekly Cleaning Schedule

## Monday



- Vacuum & mop:
  - Family room/den
  - Bedrooms
  - Bathrooms
  - Mud room
  - Kitchen
  - Foyer
  - Stairs

## Tuesday

- Clean toilets, tubs, & showers
- Disinfect bathroom surfaces
- Shake out bathmats
- Change towels
- Check toiletries
- Disinfect shower curtains



## Wednesday

- Wipe down:
  - Counters & tabletops
  - Windowsills & blinds
  - Fans & light fixtures
  - Home appliances
  - Knobs & handles
  - Glass surfaces
  - Refrigerator
  - Furniture



## Thursday



- Discard junk mail, catalogs, etc.
- Go through the kitchen & discard old/expired food
- Get rid of old clothes
- Discard school or craft projects you aren't keeping

## Friday



- Pre-treat stains
- Iron clothing
- Wash bedding & towels
- Fold & put away laundry
- Hand-wash delicate items
- Prep dry clean-only items
- Prep kids' sports uniforms

## Saturday

Set a timer for 20 minutes and clean the areas that need it most

