

HOW TO SPEED CLEAN YOUR HOUSE

READY, SET, CLEAN!

GATHER YOUR CLEANING TOOLS & SET TIMER

Fill a bucket or basket with basic household cleaners and a few cleaning clothes for scrubbing and dusting. Grab an empty laundry basket to take with you as you move from room to room and fill it with clutter than needs putting away. Do you have 15 minutes, 30 minutes, or an hour? Speed cleaning means that you throw yourself at it with all the energy you can muster!

KITCHEN

- Load the dishwasher or fill sink with hot sudsy water and let dishes soak.
- Put away food and clutter.
- Wipe down counters.

BATHROOMS

- put away clutter on sink and counter.
- Spritz cleaner on mirror, sink, counter, and toilet.
- Wipe off mirror and wipe down sink.
- Swish toilet bowl and wipe down outside of toilet.
- Take dirty laundry and towels to laundry room.

BEDROOMS

- Make beds.
- Pick up clutter and laundry on floor.
- Dust surfaces.

LIVING AND DINING ROOMS

- Pick up clutter – remember to use your laundry basket!
- Fluff pillows.
- Dust surfaces.
- Light a candle or turn on your essential oil diffuser to freshen the rooms.

FLOORS

- Sweep hard floors.
- Spot clean with a mop on hard floors as needed.
- Vacuum carpets.