

Spring Cleaning Your Life (and Your Home)

A simple checklist to refresh your space, your schedule, and your mind this March.

As heard on SuperTalk 92.9FM · Kristi's Top 10 at 10

Hey there! I'm Kristi Slaughter from SuperTalk, and this checklist is the companion to the Top 10 at 10 segment — "Spring Cleaning for Your Life (and Your House)."

We covered everything from your entryway to your inbox, your fridge to your mindset — because clutter isn't just hiding under your bed. Use this as your follow-along guide: pick one or two items from each section, check things off as you go, and remember: progress, not perfection. That's the whole point!

 Tune in every Saturday morning on SuperTalk 92.9FM from 9-11.

Use this worksheet as a gentle guide, not a rigid to-do list. Pick one or two items from each section to focus on this month. Check things off, jot notes, and celebrate progress — not perfection.

SECTION 1 — Home Basics

1. Entryway Reset

- Clear shoes, bags, and the mail 'drop zone'
- Create a dedicated spot for keys, mail, and shoes

Notes: _____

2. Fridge & Pantry Sweep

- Toss expired or mystery items
- Group like with like (snacks, breakfast, cans, baking)
- Create a 'use this first' bin or shelf

Notes: _____

3. Closet & Dresser Edit

- Choose ONE area (tops / bottoms / shoes)
- Make 3 piles: Keep · Donate · Toss
- Bag donations and put them in the car today

Notes: _____

4. Bathroom & Bedroom Refresh

- Toss expired medications and old products
- Wash pillows, mattress cover, and blankets
- Vacuum under the bed

Notes: _____

5. Paper & Junk Drawer

- Gather all loose paper into one stack
- Sort into: Action · File · Recycle / Shred
- Clean out and organize the junk drawer

Notes: _____

SECTION 2 — Life & Routine

6. Calendar Clean-Up

- Circle one commitment to cancel or pause
- Move one task to a less stressful time slot
- Block one 'protected hour' just for you

Notes: _____

7. Digital Declutter

- Delete 5+ unused apps
- Unsubscribe from 5+ stress-inducing emails
- Turn off 2–3 non-essential notifications

Notes: _____

8. Money Tidy-Up

- Review all subscriptions and recurring charges
- Cancel at least one you don't use or need
- Set up (or increase) one automatic savings transfer — even tiny counts

Notes: _____

SECTION 3 — Mind & Relationships

9. Relationship Check-Ins

- Text or call one person you've been 'meaning to' reach
- Schedule a coffee or walk with someone who fills your tank
- Notice one relationship where a small, kind boundary is needed

Notes: _____

10. Mental & Expectations Reset

- Write down one negative script you repeat to yourself
- Rewrite it into something truer and kinder
- Choose ONE area from this worksheet as your main focus

Old script: _____

New script: _____

My main focus for March: _____



BONUS — Hidden Germ Hotspots (quick wipe-down list)

- Light switches & door handles
- Remote controls & game controllers
- Your phone, keyboard, and mouse
- Fridge and microwave handles
- Reusable shopping bags

Thanks so much for listening — and for letting me into your morning! 🌸

Whether you heard this on the air or found it online, I hope this checklist gives you a little nudge to clear out whatever's been weighing you down this season — one drawer, one habit, one thought at a time.

Remember: you don't have to do it all. Just start somewhere.

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