



Blue Couch Therapy

SPEAK YOUR MIND & FIND PEACE

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Cleaning & Organizing Checklist



Daily Checklist

- ☐ Make bed
- ☐ Put dirty clothes in hamper
- ☐ Wash dishes / load dishwasher
- ☐ Wipe kitchen counters
- ☐ Take out trash if full
- ☐ Put things back where they belong
- ☐ 10-minute quick tidy (pick up clutter)
- ☐ Check mail / paperwork

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Weekly Cleaning

- ☐ Vacuum
- ☐ Sweep floors
- ☐ Mop floors
- ☐ Clean bathroom sink, toilet, and mirror
- ☐ Change bed sheets
- ☐ Do laundry (wash, dry, fold, put away)
- ☐ Dust furniture and surfaces
- ☐ Clean kitchen appliances (microwave, fridge, stove)
- ☐ Empty all trash cans

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Organization Tasks

- ☐ Declutter desk or workspace
- ☐ Organize closet (hang/fold clothes)
- ☐ Sort paperwork or bills
- ☐ Clean out bag/backpack
- ☐ Organize kitchen drawers or pantry
- ☐ Donate or throw away unused items
- ☐ Restock household supplies

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Monthly Reset

- ☐ Deep clean fridge
- ☐ Wash windows or mirrors
- ☐ Declutter one room or storage area
- ☐ Clean under furniture
- ☐ Review goals / plan upcoming month

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