

Spring Cleaning Guide

Conquer clutter and deep clean your home with a spring cleaning guide! It'll help you tackle every room, from decluttering cabinets to refreshing your linens. Get ready to say goodbye to winter grime and hello to a calm, and refreshing space.

Starting Steps

1. Set Goals
2. Make a List
3. Gather Supplies
4. Divvy Up the Work
5. Get Started

STEP 01

Set Goals

Think about that three main goals you want to achieve during this season. These will be larger goals, such as having less clutter. We've created a space for you to do this to the right.

Top 3 Goals This Spring

STEP 02

Make a List

Take some time and review the task list we've provided. Don't hesitate to cross things off that don't apply to you and add things we may have forgotten.



STEP 03

Gather Supplies

Make sure you have all the things you'll need to successfully achieve your goals! We've created a list to the right to give you some ideas of supplies you'll need to complete your spring cleaning challenge. Sometimes the cleaning closet is the best place to start your spring cleaning as well.

- Bucket
- Clean microfiber cloths
- Sponges
- Reusable spray bottle
- All-purpose cleaner
- Duster
- White vinegar
- Baking soda
- Dish soap
- Vacuum
- Mop

Other Supplies: _____

STEP 04

Divvy Up the Work

This can look a couple of different ways. You can separate everything by task, by room, by day, or by person if you have help! You're basically turning your big goals into smaller, attainable goals.

task *day*
room *person*

STEP 05

Get to Work!

Now that you have a plan, it's time to get to work. If you find this task to be a little daunting, just set a timer for 30 minutes and start with one task at a time.



Decluttering Steps

01

Everything Out & Major Sort

Take all the items out of their cabinets, drawers, and storage spaces. Sort into categories that are bigger themes.

02

Minor Sort

Take the big piles and make smaller categories. For example: Hair products can be shampoo, conditioner, styling, brushes, etc.

03

Decisions

Make 4 piles (Trash, Donate, Sell, Keep). Now that you see how much of each you have, you can start to get rid of things using the following questions.

Products We Love!



Scan to see
them all!

Spring Cleaning Checklist

ALL ROOMS

- Wash Baseboards, door ceilings, window sills, doors, and walls
- Vacuum and wash vents
- Wash window treatments (drapes, etc.) & dust blinds
- Wash Windows - inside and out
- Clean walls & baseboards
- Wash light fixtures
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KITCHEN

- Clean out pantry
- Remove items from cabinets & thoroughly clean inside (purge as needed)
- Deep clean oven
- Clean inside dishwasher
- Clean out toaster
- Deep clean inside fridge removing items (purge expired) & washing shelves and drawers
- Clean Exhaust Fan
- Vacuum coils on fridge.
- Move fridge - vacuum & mop behind it.
- Defrost freezer
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DINING ROOM

- Dust china in china cabinet
- Vacuum or spot clean chair cushions
- Shampoo rugs or carpet
- Dust/wipe down furniture
- Polish silver
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ENTRYWAY

- Clean door
- Clean door jam
- Clean doormat
- Organize shoes (purge as needed)
- Hang jackets (purge as needed)
-
-
-

LAUNDRY ROOM

- Clean washing machine
- Clean dryer vent
- Clean lint trap
- Organize laundry supplies (purge as needed)
- Move out washing machine and drying and clean behind them
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-

STAIRCASE & HALLWAYS

- Railing & bannister
- Vacuum/wash stairs
- Tidy shoes
- Vacuum/shampoo rugs/carpet
-
-

OFFICE

- Purge unwanted paperwork
- Empty out & wipe desk drawers
- Purge bookshelves & wipe down
- Sanitize keyboard & mouse
- Organize cords
-

BEDROOMS

- Flip Mattress - if using pillow top, rotate mattress.
- Purge unwanted/unused clothing items
- Organize closets
- Purge anything stored under bed you don't want anymore.
-

BATHROOM

- Discard expired personal care products & makeup
- Clean makeup brushes
- Clean showerhead
- Clean out/purge linen closet
- Clean out/purge cabinets & drawers
- Replace shower curtain liner
- Scrub tile grout
- Wipe out toilet tank
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KIDS' PLAYROOM

- Sanitize plastic toys with soap and water
- Purge toys/books as needed
- Wash stuffed animals and soft toys
- Organize toys and play areas
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-

GARAGE

- Declutter tools, sporting equipment and toys
- Open up garage door to air out the space
- Clean garage door
- Clean garage door frame
- Replace batteries in garage door openers
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ODDS & ENDS

- Test and replace smoke alarm batteries
- Replace air filters as needed
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Entry Way

	Goal:				
	Who:		When:		Reward:
Done?	Task				
	Clean door				
	Clean door jam				
	Clean doormat				
	Organize shoes (purge as needed)				
	Hang jackets (purge as needed)				

Laundry Room

	Goal:				
	Who:		When:		Reward:
Done?	Task				
	Clean washing machine				
	Clean dryer vent				
	Clean lint trap				
	Organize laundry supplies (purge as needed)				
	Move out washing machine and drying and clean behind them				

Staircase & Hallways

	Goal:				
	Who:		When:		Reward:
Done?	Task				
	Railing & Bannister				
	Vacuum/wash stairs				
	Tidy shoes				
	Vacuum/shampoo rugs/carpet				

Office

	Goal:				
	Who:		When:		Reward:
Done?	Task				
	Purge unwanted paperwork				
	Empty out & wipe desk drawers				
	Purge bookshelves & wipe down				
	Sanitize keyboard & mouse				
	Organize cords				

Bedrooms

	Goal:				
	Who:		When:		Reward:
Done?	Task				
	Flip Mattress - if using pillow top, rotate mattress.				
	Purge unwanted/unused clothing items				
	Organize closets				
	Organize laundry supplies (purge as needed)				
	Purge anything stored under bed you don't want anymore.				

Kids Play Room

	Goal:				
	Who:		When:		Reward:
Done?	Task				
	Sanitize plastic toys with soap and water				
	Purge toys/books as needed				
	Wash stuffed animals and soft toys				
	Organize toys and play areas				

