

Loved or Dead Method



Keep it simple and just decide on 1-2 at a time.

How to Use this Companion:

Take a look at the Time Saving Tips for a CLEANER HOME video and decide which ones sound doable to you right now. Simply print the page you want to focus on and hang it where you can see it. We gave simple suggestions for you to check off or feel free to fill in your own. At the end of this companion, we also included a black and white version to be printer friendly (Pages 9-16).

We so appreciate your support with our channel and our mission to bring cleanliness to homes everywhere. We hope you enjoy this guide!

- Janet and Diana

Clean Freak and Germaphobe

Loved or Dead Method



Keep it simple and just decide on 1-2 at a time.

First

Always clean as you go: Adopt the habit of tidying up while you're cooking, working, or simply moving from room to room. This prevents clutter from accumulating and makes cleaning less overwhelming.

Kitchen

Bedroom

Bathroom

Living Room

Second

Don't leave a room empty-handed: Before leaving a room, quickly scan for any items that belong in another area and take them with you. This simple step saves time and reduces clutter buildup.

Clothing

Papers

Dishes

Trash

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Third

Remember this mantra: "A place for everything, and everything in its place." Designate specific spots for frequently used items to maintain order and make finding things a breeze.

Office Supplies

Kid Toys

Kitchen Gadgets

Homework

Fourth

Break down your tasks: Instead of tackling a massive cleaning session, divide tasks into smaller, manageable chunks. This approach ensures you make progress without feeling overwhelmed.

One Table

10 Min Timer

Counters

Kitchen Sink

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Fifth

Invest in good cleaning products: Quality cleaning products make a noticeable difference. Stock up on reliable supplies that suit your needs and simplify your cleaning routine.

Mop

Scrub Brush

Reusable rags

Robot Vacuum

Sixth

Establish a cleaning routine: Dedicate specific days or times for different cleaning tasks, such as dusting, vacuuming, or laundry. Consistency is key to maintaining a clean home.

Morning

Evenings

Afternoon

Weekends

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Seventh

Donate: Regularly declutter and donate items you no longer use or need. Not only will this free up space, but it also benefits those in need.

Clothing

Furniture

Bins

Home Decor

Eighth

Clean your spills right away: Tackle spills and stains immediately to prevent them from becoming permanent or attracting pests. Prompt action saves you time and effort in the long run.

Spot Remover

Handy Rags

Steamer

Spray Bottles

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Ninth

Establish a laundry routine: Set aside designated days for laundry, including sorting, washing, drying, and folding. This keeps clothing organized and prevents piles from accumulating.

Hampers

Wash Day

Hangers

Folding

Tenth

Don't aim for perfection: Accept that a perfectly spotless home is unrealistic. Instead, focus on maintaining cleanliness and creating a comfortable environment.

Deep Breaths

Gratitude

No Shopping

Family over Stuff

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Eleventh

Get your kids involved: Teach children the importance of cleanliness and assign age-appropriate cleaning tasks. This instills responsibility and creates a clean and organized family dynamic.

Make Charts

Bribe

You Relax

Rewards

Twelfth

Contain children's foods: Minimize mess by using spill-proof containers or designated eating areas for young children. This makes cleaning up after meals a breeze.

Only on Tile

Kid Table

Kid Friendly Dish

No Glass

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Thirteenth

Bonus tip: Enjoy the process! Put on some upbeat music or listen to your favorite podcast while cleaning to make it a more enjoyable and rewarding experience.

Music

Before and Afters

Podcasts

Rewards

You Got This!

Use this Checklist Often: Using simple tips can make keeping your home clean a simple process. Not only will you see how quick it can happen but it will be a new habit in no time.

Stay tuned for the next Companion Content! We are here to make your life simple and clean!

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- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Office Supplies | <input type="checkbox"/> Kid Toys |
| <input type="checkbox"/> Kitchen Gadgets | <input type="checkbox"/> Homework |

Fourth

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- | | |
|------------------------------------|---------------------------------------|
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