

Spring Clean Your Life Calendar

Week 1: Bedroom(s) + Office space

Monday April 3 - Tuesday April 4: Create Your Piles

- ☐ Separate things into trash, sell, store, and put away
- ☐ Throw away or recycle the things in the trash pile
- ☐ Box up the items you want to give away or sell to your local second-hand shop
- ☐ Box up items that you do not use on a regular basis and put them in storage
- ☐ Organize and put away any remaining items that you use in your daily life

Wednesday April 5 - Thursday April 6: Dust and Vacuum

- ☐ Dust any tables and counter spaces
- ☐ Dust off any electronics
- ☐ Wipe down any counters, blinds, light fixtures, doorknobs, light switches, ceiling fan blades, windowpane and sill, and any other surfaces that you think could use cleaning
- ☐ Spray and wipe down windows and mirrors
- ☐ Vacuum the floor. Don't be afraid to move furniture around to get in those hard-to-reach places

Friday April 7 - the weekend: Laundry + Mental Cleanse

- ☐ Remove your sheets, blankets, and pillowcases from the bed, towels from the bathroom, and any kitchen hand towels and put them in the wash
- ☐ Put fresh sheets and pillowcases on your bed
- ☐ Go for a walk as a way to gain clarity and relax

Week 2: Bathroom(s) + Stairs (if applicable)

Monday April 10 - Tuesday April 11: Create your piles

- ☐ Separate things into trash, sell, store, and put away (mention Drug Take Back Event)
- ☐ Throw away or recycle the things in the trash pile
- ☐ Box up the items you want to give away or sell to your local second-hand shop
- ☐ Box up items that you do not use on a regular basis and put them in storage
- ☐ Organize and put away any remaining items that you use in your daily life
- ☐ NOTE: If you have any unused, unwanted, or expired drugs, set them aside to take to the Drug Take Back Event on April 22

Wednesday April 12 - Thursday April 13: Cleaning

- ☐ Clean sink, faucet, and drain
- ☐ Clean tub and drain
- ☐ Clean inside and outside of toilet
- ☐ Mop/vacuum floors
- ☐ Wipe down mirror(s)

Friday April 14 - the weekend: Finishing Touches + Mental Cleanse

- ☐ Take out bathroom trash
- ☐ Restock toiletries
- ☐ Dust and wipe down stair banisters
- ☐ Vacuum stairs
- ☐ Take some time to journal and organize your life - write down big picture goals, things you are grateful for, and any to-do lists you may have

Week 3: Kitchen + Living Room

Monday April 17 – Tuesday April 18: Fridge, Freezer, and Pantry Cleanout

- ☐ Remove items from fridge, freezer, and pantry in order to wipe down shelves/drawers
- ☐ Organize items you need and toss any expired items
- ☐ Donate any unwanted nonperishable food to your local food pantry
- ☐ Declutter any drawers with miscellaneous cooking utensils

Wednesday April 19 – Thursday April 20: Wipe Down and Wash Out

- ☐ Wipe down microwave, oven, stove top, toaster, or any other appliances you may have in your kitchen
- ☐ Wipe down counters and backsplash
- ☐ Clean sink, faucet, and drain
- ☐ Clean inside of dishwasher

Friday April 21 – the weekend: Finishing Touches + Mental Cleanse

- ☐ Organize any movies/music/etc. in living room and get rid of any unnecessary items
- ☐ Dust surfaces in living room
- ☐ Mop/vacuum living room
- ☐ Mop/vacuum kitchen
- ☐ Take out the trash and/or recycling
- ☐ Clean out who you are following on social media and try to minimize your technology usage – this will help you feel more present and allow you to utilize your life more efficiently

Week 4: Outside

Monday April 24 – Tuesday April 25: Create Your Piles

- ☐ Organize your garage by separating items into trash, sell, store, and put away
- ☐ Throw away or recycle the things in the trash pile
- ☐ Box up the items you want to give away or sell to your local second-hand shop
- ☐ Box up items that you do not use on a regular basis and put them in storage
- ☐ Organize and put away any remaining items that you use in your daily life

Wednesday April 26 – Thursday April 27: Additional Outside Tasks

- ☐ Clean gutters
- ☐ Trim any dead or low tree branches on trees
- ☐ Wash any exterior mats/rugs
- ☐ Wipe down/wash any outdoor furniture/umbrellas/awnings

Friday April 28 – the weekend: Additional Tasks + Mental Cleanse

- ☐ Dust porch for any cobwebs
- ☐ Sweep front porch and garage
- ☐ Check outdoor lights for any bulbs that need replaced
- ☐ Switch out winter supplies (ie. Snow blower) for summer supplies (ie. lawn mower) if they are not all already in your garage
- ☐ Take time to do some breathing and stretching exercises – bonus points if you can find a relaxing place to do them outside