THE BUSY FAMILY CLEANING RESET

A Whole-Home Workbook for Daily Rhythms, Shared Chores & Weekend Resets



Daily Resets • Shared Chores • Laundry • Weekly Cleaning • Weekend Reset

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WELCOME TO YOUR CLEANING RESET

You do not need a perfect home.
You need a routine your family can repeat.

1



NOTICE WHAT IS NOT WORKING

Find the rooms, chores, and times that create the most stress.

2



BUILD A REALISTIC SYSTEM

Choose smaller routines and share responsibility.

3



TEST AND ADJUST

Keep what works.
Change what does not.

WHAT I HOPE THIS WORKBOOK HELPS US CHANGE:

Small resets can make a big difference.

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HOW TO USE THIS WORKBOOK

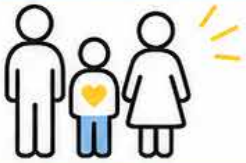
Work through the pages in order.
Build the system before you build the schedule.

1. 

1. NOTICE — Identify what creates the most cleaning stress.

2. 

2. PRIORITIZE — Decide what matters most in your home.

3. 

3. SHARE — Match responsibilities with family members.

4. 

4. BUILD — Create daily, weekly, laundry, and weekend rhythms.

5. 

5. TEST — Try the routine, review it, and make changes.

HOW WILL WE USE IT?

- ☐ I will complete it myself.
- ☐ We will complete parts together as a family.
- ☐ We will discuss responsibilities during a family meeting.
- ☐ We will test the finished routine for one week.

There is no perfect schedule. Build one your household can actually maintain.

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Review What Works • Adjust & Improve • Family Wins
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THE GOAL: A HOME THAT WORKS

A useful cleaning routine supports family life instead of taking it over.

A WORKABLE HOME FEELS:

- [ ] Safe
- [ ] Comfortable
- [ ] Easy to reset
- [ ] Ready for everyday meals
- [ ] Functional for school and work
- [ ] Calm enough to relax
- [ ] Good enough for our real life

WHEN OUR HOME IS WORKING WELL, WE CAN:

THE FEELING WE WANT MORE OF AT HOME:



OUR MAIN GOAL FOR THIS WORKBOOK:



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WHOLE-HOME CLEANING REALITY CHECK

Rate how manageable each area feels right now.

AREA	EASY	OKAY	STRESSFUL
Kitchen	○	○	○
Bathrooms	○	○	○
Bedrooms	○	○	○
Living areas	○	○	○
Kids' spaces	○	○	○
Laundry	○	○	○
Floors	○	○	○
Entryway	○	○	○
Paper & clutter	○	○	○
Weekend catch-up	○	○	○

THE AREA THAT GETS OUT OF CONTROL FASTEST:

_____

_____

_____

THE CHORE WE PUT OFF MOST OFTEN:

_____

_____

_____

THE TIME OF WEEK THAT FEELS HARDEST:

_____

_____

_____

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WHERE CLEANING BREAKS DOWN

Check the reasons that regularly make cleaning harder.

- [ ] We run out of time.
- [ ] We are too tired.
- [ ] No one knows what to do.
- [ ] One person does too much.
- [ ] We wait until the mess is overwhelming.
- [ ] Supplies are not nearby.
- [ ] Laundry piles up.
- [ ] The kitchen never feels finished.
- [ ] Clutter has no home.
- [ ] Weekends become catch-up days.
- [ ] The routine is too complicated.
- [ ] We expect too much at once.

OUR TOP THREE PROBLEMS

1. _____
2. _____
3. _____

IF WE COULD FIX ONE THING FIRST, IT WOULD BE:

_____

_____

_____

_____

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WHAT 'CLEAN ENOUGH' MEANS HERE

Choose realistic standards for everyday life.

KITCHEN — Clean enough means:

BATHROOM — Clean enough means:

LIVING AREA — Clean enough means:

BEDROOMS — Clean enough means:

LIVINDRY — Clean enough means:

FLOORS — Clean enough means:

WE DO NOT NEED TO:

- [ ] Make every room perfect every day.
- [ ] Finish everything before resting.
- [ ] Clean the whole house at once.
- [ ] Keep the home ready for visitors at all times.



OUR HOUSEHOLD RULE:
FUNCTION FIRST. PERFECTION OPTIONAL.

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OUR HOME CLEANING ZONES

Divide your home into manageable areas
instead of treating it like one giant cleaning job.

ZONE	ROOMS OR SPACES	MAIN JOB
Zone 1		
Zone 2		
Zone 3		
Zone 4		
Zone 5		
Zone 6		
Zone 7		
Zone 8		

THE ZONE THAT NEEDS ATTENTION MOST OFTEN:

_____

_____

THE ZONE THAT CAN USUALLY WAIT LONGER:

_____

_____

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PRIORITY ROOMS

Not every room needs the same amount of attention.

ROOM OR AREA	HOW OFTEN WE USE IT	HOW FAST IT GETS MESSY	PRIORITY
			HIGH MEDIUM LOW
			HIGH MEDIUM LOW
			HIGH MEDIUM LOW
			HIGH MEDIUM LOW
			HIGH MEDIUM LOW
			HIGH MEDIUM LOW
			HIGH MEDIUM LOW
			HIGH MEDIUM LOW

OUR TOP PRIORITY SPACE

OUR SECOND PRIORITY SPACE

A SPACE WE CAN STOP OVERTHINKING

Spend more effort where it improves daily life.

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TIME & ENERGY REALITY MAP

Build routines around the time and energy you actually have.

TIME OF DAY	AVAILABLE TIME			ENERGY		
	5 min	10 min	20+ min	LOW	MEDIUM	HIGH
Weekday mornings	○	○	○	○	○	○
After school	○	○	○	○	○	○
After work	○	○	○	○	○	○
After dinner	○	○	○	○	○	○
Before bed	○	○	○	○	○	○
Saturday	○	○	○	○	○	○
Sunday	○	○	○	○	○	○

OUR EASIEST TIME FOR A QUICK RESET:

_____

_____

OUR WORST TIME FOR EXTRA CHORES:

_____

_____

OUR BEST TIME FOR BIGGER JOBS:

_____

_____

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WHAT ALREADY WORKS

You do not need to rebuild everything.



A CHORE WE USUALLY KEEP UP WITH

A ROUTINE THAT HAPPENS WITHOUT MUCH EFFORT





A FAMILY MEMBER WHO ALREADY HELPS CONSISTENTLY

A SYSTEM OR STORAGE IDEA THAT WORKS





ONE THING WE SHOULD KEEP EXACTLY AS IT IS:



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OUR FAMILY TEAM SNAPSHOT

List the people who can participate in keeping shared spaces working.

NAME	AGE	WEEKDAY AVAILABILITY	WEEKEND AVAILABILITY	GOOD-FIT TASKS

WHO CURRENTLY DOES TOO MUCH?

_____

_____

_____

WHO COULD TAKE ON A LITTLE MORE?

_____

_____

_____

Shared responsibility does not always mean equal responsibility.

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AGE-APPROPRIATE RESPONSIBILITY GUIDE

AGES 3–5

- ✓ Put toys in baskets
- ✓ Carry dirty clothes to hamper
- ✓ Place napkins on table
- ✓ Match clean socks



AGES 6–8

- ✓ Make simple bed
- ✓ Put away toys and books
- ✓ Fold simple clothing
- ✓ Clear own dishes



AGES 9–12

- ✓ Fold and put away laundry
- ✓ Sweep or vacuum simple areas
- ✓ Empty safe household trash
- ✓ Help reset kitchen and living spaces



TEENS

- ✓ Vacuum or mop
- ✓ Clean assigned bathroom using family-approved supplies
- ✓ Manage a laundry load with instruction
- ✓ Complete an assigned room reset



Adults should handle harsh chemicals, unsafe equipment, high areas, sharp objects, and tasks beyond a child's ability.

TASKS THAT FIT OUR CHILDREN:

1. _____
2. _____
3. _____
4. _____
5. _____



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WHO OWNS WHAT?

A task is easier to remember when someone clearly owns it.

TASK	PRIMARY OWNER	BACKUP HELPER	HOW OFTEN
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

GOOD OWNERSHIP MEANS:

- ☑ Everyone knows whose job it is.
- ☑ The task fits the person's ability.
- ☑ The task has a clear finish point.
- ☑ Backup help is available when needed.



THE FIRST TASK WE WILL REASSIGN:

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OUR SHARED CHORE AGREEMENT

Agree on a few simple rules before building the routine.

- [ ] Everyone helps with shared spaces.
- [ ] Personal belongings should return to their home.
- [ ] Ask for help before a small mess becomes overwhelming.
- [ ] Finish your assigned task before calling it done.
- [ ] Missed chores can be moved or reassigned without arguing.
- [ ] We will adjust tasks that are clearly unrealistic.

OUR OWN FAMILY RULES

1. _____
2. _____
3. _____
4. _____

Family Member: _____ Date: _____

Family Member: _____ Date: _____

Family Member: _____ Date: _____

Family Member: _____ Date: _____

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ENTRYWAY & LIVING AREAS



Choose the few actions that keep these shared spaces usable.



POSSIBLE RESET TASKS



- [ ] Put away shoes
- [ ] Hang coats and bags
- [ ] Return toys and belongings
- [ ] Clear surfaces
- [ ] Straighten pillows and blankets
- [ ] Empty obvious trash
- [ ] Quick vacuum or sweep when needed

OUR DAILY MINIMUM

1. _____
2. _____
3. _____
4. _____

OUR WEEKLY JOBS

1. _____
2. _____
3. _____
4. _____

WHO HELPS HERE?

1. _____
2. _____
3. _____
4. _____

THE ONE THING THAT MAKES THIS AREA LOOK BETTER FAST:

_____

_____

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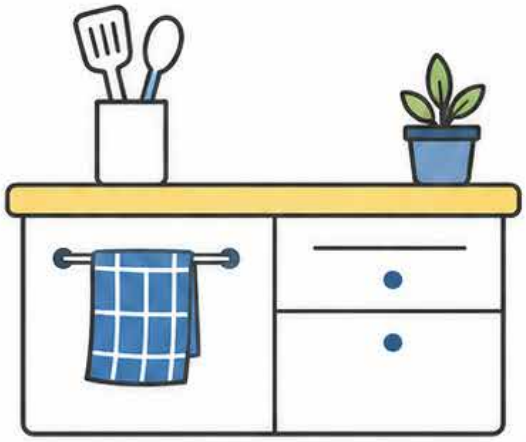
KITCHEN



Focus on the actions that make the kitchen ready for the next meal.

POSSIBLE DAILY TASKS

- [ ] Load or empty dishwasher
- [ ] Wash needed dishes
- [ ] Wipe counters
- [ ] Clear table
- [ ] Put food away
- [ ] Empty trash if full
- [ ] Quick floor sweep if needed



AFTER-MEAL MINIMUM:

_____

_____

_____

_____

END-OF-DAY MINIMUM:

_____

_____

_____

_____

WEEKLY KITCHEN JOBS:

_____

_____

_____

_____

_____



THE KITCHEN TASK THAT CAUSES THE MOST BACKUP:

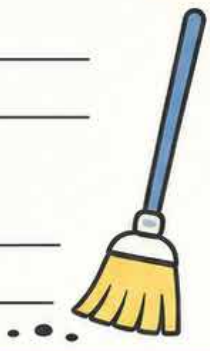
_____

_____

OUR FIX:

_____

_____



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DINING & FOOD ZONES



Keep food areas ready for meals without turning every meal into a major cleaning session.



- [ ] Clear dishes
- [ ] Return food to kitchen
- [ ] Wipe eating surface
- [ ] Return school papers and belongings
- [ ] Sweep visible crumbs
- [ ] Reset chairs

AFTER BREAKFAST:

AFTER DINNER:

WEEKLY:

WHAT DOES NOT BELONG ON OUR TABLE OR COUNTER?







Give everyday clutter another place to land.



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BATHROOMS



Use small maintenance tasks to prevent one giant bathroom-cleaning job.

QUICK MAINTENANCE

- [ ] Hang towels
- [ ] Place laundry in hamper
- [ ] Put toiletries away
- [ ] Empty trash when full
- [ ] Wipe visible sink mess
- [ ] Restock toilet paper

DAILY OR AS NEEDED	WEEKLY CLEANING	ASSIGNED TO



Use cleaning products according to their labels. Adults should supervise children and handle products or tasks that are not appropriate for them.



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BEDROOMS

Bedrooms do not need to be perfect to be functional.

OUR BEDROOM BASICS

- [ ] Dirty clothes in hamper
- [ ] Clean clothes put away
- [ ] Floor path clear
- [ ] Trash removed
- [ ] Bed straightened
- [ ] Belongings returned to their place



DAILY MINIMUM

- _____
- _____
- _____
- _____

WEEKLY RESET

- _____
- _____
- _____
- _____

PERSONAL RESPONSIBILITIES

- _____
- _____
- _____
- _____

WHAT BEDROOM MESS CREATES THE MOST STRESS?

_____

_____

_____

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KIDS' SPACES



Make cleanup easy enough for children to understand and repeat.

DOES EVERYTHING HAVE A SIMPLE HOME?

- [ ] Toys
- [ ] Books
- [ ] School papers
- [ ] Backpacks
- [ ] Art supplies
- [ ] Games
- [ ] Shoes
- [ ] Sports items

OUR FASTEST TOY RESET:

- _____
- _____
- _____
- _____



THE CLUTTER CATEGORY THAT NEEDS A BETTER HOME:

- _____
- _____
- _____
- _____



KIDS CAN HANDLE THESE RESET TASKS:

- _____
- _____
- _____
- _____
- _____



Fewer steps usually make cleanup easier.

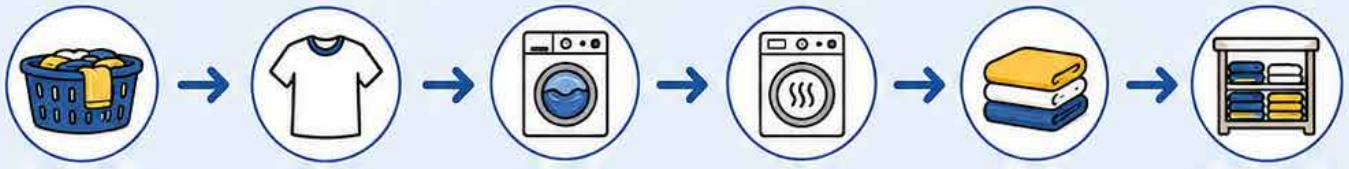
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LAUNDRY



Laundry problems usually happen somewhere in the process—not just at the washing machine.



WHERE DOES OUR LAUNDRY GET STUCK?

- ☐ COLLECT
- ☐ SORT
- ☐ WASH
- ☐ DRY
- ☐ FOLD
- ☐ PUT AWAY

WHO CAN HELP WITH EACH STAGE?

COLLECT _____
SORT _____
WASH _____
DRY _____
FOLD _____
PUT AWAY _____

OUR BIGGEST LAUNDRY FIX:

- _____
- _____
- _____
- _____





A LOAD IS NOT FINISHED UNTIL:

- _____
- _____
- _____

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FLOORS & HIGH-TOUCH AREAS

Clean the areas that affect everyday comfort first.

FLOORS

- [ ] Kitchen
- [ ] Entry
- [ ] Living room
- [ ] Bathrooms
- [ ] Bedrooms
- [ ] Other: _____

HIGH-TOUCH AREAS

- [ ] Door handles
- [ ] Light switches
- [ ] Table surfaces
- [ ] Frequently used counters
- [ ] Remote controls
- [ ] Other: _____

AREA	HOW OFTEN?	WHO?

Follow product directions and use cleaning products appropriate for each surface.

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CLUTTER HOTSPOTS



A hotspot is a place where things repeatedly pile up.

1

LOCATION: _____

WHAT PILES UP HERE? _____

BETTER HOME OR RESET RULE: _____

2

LOCATION: _____

WHAT PILES UP HERE? _____

BETTER HOME OR RESET RULE: _____

3

LOCATION: _____

WHAT PILES UP HERE? _____

BETTER HOME OR RESET RULE: _____

4

LOCATION: _____

WHAT PILES UP HERE? _____

BETTER HOME OR RESET RULE: _____

5

LOCATION: _____

WHAT PILES UP HERE? _____

BETTER HOME OR RESET RULE: _____

THE HOTSPOT WE WILL FIX FIRST:

_____

_____



Make the correct storage location easier than the pile.

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OUR DAILY NON-NEGOTIABLES

Choose only the few tasks that keep tomorrow from becoming harder.

POSSIBLE TASKS

- [ ] Kitchen ready for next meal
- [ ] Dishes handled
- [ ] Main living area reset
- [ ] Dirty clothes collected
- [ ] One laundry step completed
- [ ] Trash handled if needed
- [ ] School and work items ready
- [ ] Five-minute pickup

OUR FIVE DAILY NON-NEGOTIABLES

1. _____
2. _____
3. _____
4. _____
5. _____

IF THE DAY IS CHAOTIC, OUR ABSOLUTE MINIMUM IS:

_____

_____

_____

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MORNING RESET

Keep mornings focused on leaving the house and preventing extra mess.

POSSIBLE MORNING TASKS

- [ ] Beds quickly straightened
- [ ] Breakfast dishes gathered
- [ ] Counters cleared
- [ ] Dirty clothes in hamper
- [ ] Bathroom items put away
- [ ] Backpacks and work bags ready

OUR MORNING RESET

1. _____
2. _____
3. _____
4. _____
5. _____

TARGET TIME: _____ MINUTES **WHO HELPS:** _____

WHAT SHOULD NEVER BE ADDED TO BUSY MORNINGS?



_____

_____

_____

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AFTER-SCHOOL / AFTER-WORK RESET

Create a landing routine before evening gets busy.

- [ ] Shoes put away
- [ ] Bags placed in their home
- [ ] Lunch containers moved to kitchen
- [ ] Papers handled
- [ ] Coats hung
- [ ] Dirty clothes contained
- [ ] Five-minute shared pickup

OUR RESET ORDER

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

TARGET TIME: _____ MINUTES

THE ITEM THAT MOST OFTEN GETS DROPPED IN THE WRONG PLACE:

_____

_____

ITS NEW HOME: _____

_____

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EVENING RESET

A short evening reset can make tomorrow easier.

POSSIBLE EVENING TASKS



- [ ] Kitchen closed down
- [ ] Living room reset
- [ ] Laundry moved forward one step
- [ ] School items ready
- [ ] Work items ready
- [ ] Trash handled
- [ ] Floor pickup completed



OUR EVENING RESET



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

START AROUND: _____ **TARGET LENGTH:** _____ **MINUTES**

WHAT WOULD MAKE TOMORROW MORNING EASIER?

_____

_____

_____

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10-MINUTE RESCUE RESET

Use this when the house feels overwhelming and you need visible progress fast.

1. TRASH



Gather obvious trash.

2. DISHES



Move dishes to the kitchen.

3. LAUNDRY



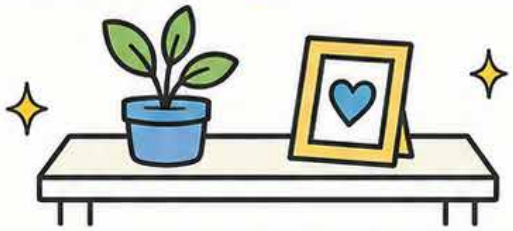
Contain loose laundry.

4. BELONGINGS



Return or basket loose belongings.

5. SURFACES



Clear one visible surface.

OUR BEST 10-MINUTE TARGET ROOMS:

1. _____
2. _____
3. _____
4. _____

STOP WHEN THE TIMER ENDS. A QUICK RESET DOES NOT HAVE TO BECOME A FULL CLEANING SESSION.

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BUILD OUR WEEKLY CLEANING RHYTHM

Spread the work across the week instead of saving everything for Saturday.

	MAIN FOCUS	SMALL TASKS	WHO HELPS
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

OUR WEEKLY RHYTHM SHOULD:

- [ ] Fit work and school schedules
- [ ] Leave room for busy days
- [ ] Avoid too many big jobs together
- [ ] Keep at least one lighter day

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WEEKDAY CHORE MAP

Weekdays work best when chores stay short and predictable.

MON | TUE | WED | THU | FRI

	MAIN TASK:	QUICK RESET:	WHO:
MONDAY ★			
TUESDAY ★			
WEDNESDAY ★			
THURSDAY ★			
FRIDAY ★			



OUR BUSIEST WEEKDAY: _____

WE WILL KEEP THIS DAY LIGHT BY:

_____

_____

_____



Short routines are easier to repeat than heroic cleaning sessions.

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WEEKEND RESET PLAN

Use the weekend to reset the home—not sacrifice the whole weekend to cleaning.

1 CATCH UP

What truly needs catching up?

2 CLEAN

Which bigger cleaning jobs matter this week?

3 PREP

What would make the coming week easier?

4 STOP

What time will we call the reset finished?

START TIME: _____

STOP TIME: _____

EVERYONE HELPS WITH: _____

Protect family time by giving the reset a finish line.

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OUR LAUNDRY RHYTHM



Build a simple, steady routine that keeps laundry moving all week.

	LOAD OR CATEGORY	WHO STARTS IT	WHO FINISHES IT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

OUR BEST LAUNDRY DAYS

OUR FOLDING PLAN

OUR PUT-AWAY PLAN



MAKE LAUNDRY EASIER

- [ ] Use hampers where clothes are removed
- [ ] Finish one load before starting too many
- [ ] Give family members a put-away role
- [ ] Choose a regular catch-up point



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KITCHEN CLOSE-DOWN ROUTINE

The goal is a kitchen that is usable tomorrow—not a perfect kitchen tonight.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

POSSIBLE STEPS

- Food put away
- Dishes handled
- Sink cleared
- Counters wiped
- Table reset
- Trash checked
- Floor spot-cleaned



WHO STARTS: _____

WHO HELPS: _____

TARGET TIME: _____ MINUTES

IF WE ONLY DO THREE THINGS, THEY ARE:

1. _____
2. _____
3. _____

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BATHROOM MAINTENANCE RHYTHM

Small maintenance tasks can reduce the size of the weekly cleaning job.

	QUICK MAINTENANCE	WEEKLY	WHO
Sink & counter			
Mirror			
Toilet			
Tub or shower			
Floor			
Towels			
Trash			
Restock supplies			

Adults should choose and supervise cleaning products and tasks appropriate for each family member.

OUR FAST BATHROOM RESET:

1. _____
2. _____
3. _____
4. _____
5. _____

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CLEANING SUPPLY STATIONS



Store frequently used supplies where adults can access them safely and where chores begin.

AREA	SUPPLIES NEEDED	SAFE STORAGE LOCATION
Kitchen		
Bathrooms		
Laundry		
Floors		
General cleanup		

OUR SUPPLY RULES

- ☐ Keep products in original labeled containers
- ☐ Store products safely away from young children and pets
- ☐ Replace empty supplies
- ☐ Keep frequently used tools easy to find

THE SUPPLY WE ARE ALWAYS SEARCHING FOR:

_____

_____

BETTER LOCATION:

_____

_____

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MAKE IT EASIER: FRICTION FIXER

When a chore keeps failing, change the system before blaming the people.

WHAT KEEPS GOING WRONG?	WHY?	WHAT COULD MAKE IT EASIER?	OUR NEXT TEST

POSSIBLE FIXES

- [ ] Make the task smaller
- [ ] Move the supplies
- [ ] Change the time
- [ ] Change the owner
- [ ] Add a basket or storage spot
- [ ] Lower the frequency
- [ ] Pair it with another routine
- [ ] Simplify the standard

THE FIRST FRICTION POINT WE WILL FIX:

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7-DAY ROUTINE TEST

Test the routine for one ordinary week. Do not aim for perfection.

	DAILY RESET DONE?	MAIN CHORE DONE?	WHAT GOT IN THE WAY?	ONE QUICK NOTE
Day 1	☐	☐	_____	_____
Day 2	☐	☐	_____	_____
Day 3	☐	☐	_____	_____
Day 4	☐	☐	_____	_____
Day 5	☐	☐	_____	_____
Day 6	☐	☐	_____	_____
Day 7	☐	☐	_____	_____

THE ROUTINE FELT: ○ TOO LIGHT ○ ABOUT RIGHT ○ TOO MUCH

FAMILY COOPERATION FELT: ○ HARD ○ MIXED ○ GOOD

ONE CHANGE TO TEST NEXT:

_____

_____

_____

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WHAT ACTUALLY WORKED?

Keep the parts your family repeated. Change the parts you avoided.

WORKED WELL

WAS HARD TO MAINTAIN

FAMILY MEMBERS RESPONDED WELL TO

WE KEPT SKIPPING

WHAT SHOULD WE CHANGE?

- ☐ Task timing
- ☐ Task size
- ☐ Task frequency
- ☐ Person assigned
- ☐ Cleaning standard
- ☐ Number of daily tasks
- ☐ Weekend workload

OUR THREE ADJUSTMENTS

1. _____
2. _____
3. _____

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OUR FINAL FAMILY CLEANING SYSTEM

1 DAILY NON-NEGOTIABLES

1. _____
2. _____
3. _____
4. _____
5. _____

2 MORNING RESET

1. _____
2. _____
3. _____

3 EVENING RESET

1. _____
2. _____
3. _____

4 WEEKLY FOCUS

Mon _____
Tue _____
Wed _____
Thu _____
Fri _____
Sat _____
Sun _____

5 WEEKEND RESET

1. _____
2. _____
3. _____

6 OUR MOST IMPORTANT SHARED RESPONSIBILITY RULE

1. _____
2. _____
3. _____

THIS SYSTEM IS ALLOWED TO CHANGE WHEN OUR FAMILY LIFE CHANGES.

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30-DAY CHECK-IN

After about a month, review the system again.

WHAT FEELS EASIER NOW?

WHAT STILL PILES UP?

WHICH ROUTINE HAS BECOME A HABIT?

WHAT DOES OUR FAMILY STILL RESIST?

WHAT SHOULD WE CHANGE NEXT?

OUR CLEANING SYSTEM NOW FEELS:

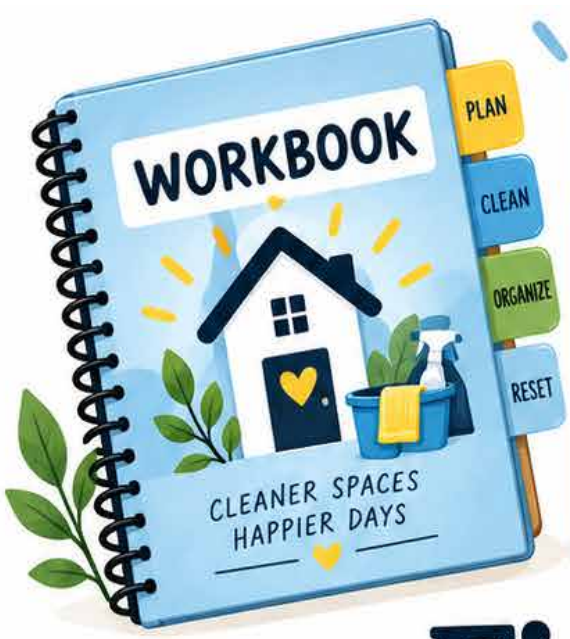
1	2	3	4	5
OVERWHELMING		MANAGEABLE		EASY TO REPEAT

WE BUILT A CLEANING ROUTINE FOR OUR REAL LIFE.

Completed: _____

★ Keep what works. Simplify what does not. Reset when life changes. ★

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