



THE ULTIMATE

SPRING CLEANING

WORKBOOK

FROM REPRESSING THE CRAZY






WELCOME!


If you are looking to rework your home and create a fresher, cleaner space this spring, you have come to the right place. This guidebook is built for busy people who still want to have an organized AND clean life! Follow this step-by-step guide to have a deep-cleaned home in one month!





GENERAL CHECKLIST

Every room in your house will need these things cleaned!
Remember to come back to this checklist every week!

- Clean baseboards
 - Dust ceilings
 - Dust ceiling fans
 - Clean air vents
 - Wipe down doors and doorknobs
 - Clean windows and blinds
 - Check batteries on smoke detectors, carbon monoxide detectors, etc
 - Sweep, Vacuum, Mop
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WEEK 1

KITCHEN/ DINING





WEEK 1

We are going to start with what is usually the most used area of the house - the kitchen and the dining room. Complete this pre-checklist before the deep-cleaning begins!

- Wash any dishes you have out for decorating that collect dust
- Clean and put away all dishes (even those one you let live in the dishdrain)
- Take out all trash and empty any compost
- Wipedown all surfaces
- Do a preliminary sweep and mop
- Put away items that don't belong on counters, table, floor, etc


PRO TIP: Do this during the week to save the deep cleaning for the weekend





WEEK 1


LET THE DEEP CLEANING BEGIN

- Start by turning the oven on self-cleaning mode and wiping it down.
 - Place a dishwasher-safe bowl full of distilled vinegar on the top rack of your dishwasher. Run it through a hot cycle to get rid of grease, grime and bad odors. Wipe down the front.
 - Place a microwave-safe bowl of equal parts water and vinegar and heat it in the microwave. The steam should make it easy to wipe the microwave clean. Don't forget to wipe down the outside!
 - Cut a lemon in half, and put it in the garbage disposal. Sprinkle baking soda all over your sink, including the faucet. Using a damp toothbrush, buff away the baking powder all over your sink. Then, spray with vinegar and let sit for 3 minutes. Wash away the mess and let the garbage disposal get rid of the lemon.
 - Remove everything from your cabinets and pile on the floor and/or table.
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WEEK 1

LET THE DEEP CLEANING BEGIN

- Sort through all of the things in your cabinets (including your spice rack and pantry). Dispose of everything expired, broken or unused.
 - Using the small wand on your vacuum, vacuum out everything in your cabinets. Wipe them down and put all of your things back - leaving them organized and tidy.
 - Pay attention to under your sink - how can you make that area more functional? Try purchasing some containers to keep it organized!
 - Take your trash basket and compost pile outside and wash them with your water hose. Let them dry and bring them back inside.
 - Throw away any bad food in your fridge and wipe out. Use a mixture of water and vinegar to clean dried up food stains. Some pieces you can take out and wash in your sink.
 - Wipe down all cabinet doors, countertops, dining table - all surfaces. If you have white surfaces, a magic eraser works wonders!
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WEEK 2

BATH- ROOMS





WEEK 2

I strongly believe in getting the grossest stuff done first - which is why week 2 is focused on the bathroom. Complete this pre-checklist before the deep-cleaning begins!

- Wash all of your towels and other laundry in the bathroom
- Empty all of your bathroom trash
- Wash and dry any rugs and your shower curtain
- Wipedown all surfaces
- Do a preliminary sweep and mop
- Put away items that don't belong


PRO TIP: Do this during the week to save the deep cleaning for the weekend





WEEK 2

LET THE DEEP CLEANING BEGIN

- Throw your toothbrush holder and any other small metal/plastic items into the dishwasher and run a cycle
 - Take everything out of your shower, cabinet, and sink. Place in another room while you clean
 - Fill a bag up with vinegar. Tie it over your shower head, and let it soak. Run hot water out of it once you are done cleaning the bathroom.
 - Create a mixture of bleach, citrus essential oil, and water. Wear old clothing, and spray your entire shower. Wipe down with an old towel. Using the same spray, wipe down your toilet and sink. Don't forget to wipe down the entire toilet - including the floor.
 - Clean all mirrors with Windex
 - Vacuum out all cabinets, shelves, drawers and wipe them out.
 - Sort through your bathroom items and create a toss pile. Return all items and arrange in a functional way.
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WEEK 3

LIVING ROOM/ LAUNDRY





WEEK 3

The easiest room is usually the living room – so we combined it with the laundry room! Everyone's laundry room is different, so I tried to touch all the bases! Complete this pre-checklist before the deep-cleaning begins!

- Put up all laundry
- Put all dishes in the living room in the dishwasher
- Hire a chimney sweep if you have a fireplace
- Wash all curtains
- Do a preliminary sweep and mop
- Put away items that don't belong


PRO TIP: Do this during the week to save the deep cleaning for the weekend





WEEK 3

LET THE DEEP CLEANING BEGIN

- Put your washer on the biggest, hottest cycle available. While it fills with water, add a quart of vinegar and a cup of baking soda. Also wipe down any areas on the top and side surface.
 - Wipe down the inside and outside of the dryer with soapy water
 - Organize the laundry cabinets
 - Wipe down all surfaces in the laundry room and living room
 - Organize any cabinets in the living room
 - Wipe down all upholstery with warm soapy water
 - Dust all furniture and lamps
 - Wipe down the TV and dust
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WEEK 4


BED- ROOMS





WEEK 4

This week we are tackling your bedrooms. I will not be providing a deep cleaning checklist because every room is different! Here are some things to keep in mind!

- Organize your closet – get rid of anything you don't wear anymore
 - Wash your curtains and bedding
 - Go through your nightstands and throw away any junk you have hidden there
 - Organize your dresser – get rid of anything that you can't wear anymore
 - Get all the dog toys out from under your bed (or is that just me)
 - Dust all furniture
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WEEK 5

OUTDOORS





WEEK 5

Some people don't like doing their own outdoor work, so maybe you need to hire someone. If you want to tackle it, spring is the best time to get it done!

- Rake all of your leaves
 - Mow the grass
 - Trim trees and bushes
 - Sweep off porch
 - Powerwash fences, house
 - Plant flowers
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