



HOUSEHOLD CHORES

A calm home is built through consistent, small efforts.



DAILY CHORES

Small daily habits keep our home running smoothly.

- ☐ Make beds
- ☐ Wipe kitchen counters
- ☐ Wash dishes or load dishwasher
- ☐ Wipe dining table
- ☐ Sweep kitchen floor
- ☐ Take out trash
- ☐ Spot clean spills & messes
- ☐ Put things back in their place
- ☐ Do a quick declutter
- ☐ Laundry: one load or step
- ☐ Water plants
- ☐ Open windows for fresh air
- ☐ Wipe bathroom counters
- ☐ Clean kitchen sink
- ☐ Fold or put away laundry
- ☐ Tidy living spaces
- ☐ Check & empty trash bins
- ☐ Wipe down appliances
- ☐ Straighten pillows & throws
- ☐ Do a 5-minute tidy
- ☐ Declutter one small area
- ☐ Refill soap, paper towels, etc.
- ☐ Quick floor sweep or vacuum
- ☐ Unclutter entryway
- ☐ Clean up toys/pet items
- ☐ Wipe mirrors & glass
- ☐ Sanitize high-touch areas
- ☐ Put away groceries
- ☐ Prepare for tomorrow
- ☐ Set out clothes for tomorrow
- ☐ Review calendar/reminders
- ☐ Do something kind for someone
- ☐ Enjoy a few minutes of calm



DAILY REMINDER

Little by little, a little becomes a lot.



WEEKLY CHORES

A little more time once a week prevents overwhelm.

MONDAY

- ☐ Vacuum all floors
- ☐ Mop hard floors
- ☐ Clean bathrooms
- ☐ Change towels
- ☐ Wipe mirrors
- ☐ Laundry: wash
- ☐ Declutter high-traffic areas
- ☐ Sanitize doorknobs
- ☐ Make beds

TUESDAY

- ☐ Dust all surfaces
- ☐ Clean kitchen (deep)
- ☐ Wipe appliances
- ☐ Clean microwave
- ☐ Organize pantry
- ☐ Check fridge for expired items
- ☐ Water plants
- ☐ Tidy closets/entryway

WEDNESDAY

- ☐ Laundry: wash & dry
- ☐ Fold & put away
- ☐ Change bed linens
- ☐ Clean windows/mirrors
- ☐ Vacuum furniture
- ☐ Wipe baseboards
- ☐ Declutter one room
- ☐ Sanitize light switches

THURSDAY

- ☐ Clean out fridge
- ☐ Organize drawers
- ☐ Wipe down cabinets
- ☐ Clean range/stove
- ☐ Mop bathrooms
- ☐ Refill household supplies
- ☐ Pet care: wash bedding
- ☐ Tidy outdoor entry

FRIDAY

- ☐ Laundry: as needed
- ☐ Spot clean walls/doors
- ☐ Clean under furniture
- ☐ Organize mail/papers
- ☐ Prepare for weekend
- ☐ Declutter surfaces
- ☐ Freshen up pillows/blankets
- ☐ Plan weekly meals

SATURDAY

- ☐ Outdoor chores
- ☐ Clean patio/deck
- ☐ Yard work
- ☐ Wash car
- ☐ Organize garage
- ☐ Declutter storage areas
- ☐ Sweep porch/entry
- ☐ Family reset & tidy

SUNDAY

- ☐ Weekly planning
- ☐ Grocery planning
- ☐ Meal prep
- ☐ Relax & reset
- ☐ Review calendar
- ☐ Prep for the week ahead
- ☐ Enjoy time with loved ones
- ☐ Rest & recharge

WEEKLY TIP

Choose a rhythm that works for your family and be kind to yourself.



MONTHLY CHORES

A deeper clean keeps our home fresh, functional, and peaceful.

- ☐ Deep clean bathrooms
- ☐ Clean inside oven
- ☐ Clean inside fridge & freezer
- ☐ Wipe down cabinets
- ☐ Clean baseboards
- ☐ Vacuum mattresses
- ☐ Wash throw blankets
- ☐ Clean dishwasher
- ☐ Check & replace filters
- ☐ Clean washer (run cycle)
- ☐ Deep clean sinks
- ☐ Polish furniture
- ☐ Declutter closets
- ☐ Organize storage spaces
- ☐ Clean curtains/blinds
- ☐ Wash windows (inside)
- ☐ Dust ceiling fans/lights
- ☐ Organize paperwork
- ☐ Check smoke detectors
- ☐ Clean small appliances
- ☐ Sanitize trash bins
- ☐ Review & declutter pantry
- ☐ Donate items we don't use
- ☐ Update household inventory
- ☐ Oil wood furniture
- ☐ Check/replace light bulbs
- ☐ Refresh linens & towels
- ☐ Inspect home maintenance



SEASONAL CHORES

Prepare your home with the seasons.

SPRING



- ☐ Deep clean windows
- ☐ Wash outside surfaces
- ☐ Clean patio furniture
- ☐ Organize garage/shed
- ☐ Refresh landscaping
- ☐ Clean under/behind furniture
- ☐ Declutter & donate

SUMMER



- ☐ Clean & check A/C
- ☐ Wash screens
- ☐ Clean grill
- ☐ Inspect outdoor spaces
- ☐ Organize summer gear
- ☐ Deep clean rugs
- ☐ Check for pests

FALL



- ☐ Clean gutters
- ☐ Check heating system
- ☐ Organize coats/boots
- ☐ Wash blankets/duvets
- ☐ Refresh entryway
- ☐ Deep clean carpets
- ☐ Prep holiday decor storage

WINTER



- ☐ Check insulation/seals
- ☐ Clean fireplace/chimney
- ☐ Organize holiday storage
- ☐ Declutter indoor spaces
- ☐ Deep clean kitchen
- ☐ Check smoke/CO alarms
- ☐ Plan for new year

YEARLY CHORES

Once a year for a well-maintained home.



- ☐ Deep clean entire home
- ☐ Clean carpets professionally
- ☐ Wash walls/ceilings
- ☐ Service HVAC system
- ☐ Check roof & exterior
- ☐ Clean out/organize attic
- ☐ Clean dryer vent
- ☐ Check plumbing for leaks
- ☐ Review insurance/documents
- ☐ Purge & donate generously
- ☐ Update home maintenance plan
- ☐ Set goals for the year ahead



A GENTLE REMINDER

*A home is not about perfection—
it's about creating a space filled with love and care.*



NOTES



PROGRESS, NOT PERFECTION. GRACE, NOT GUILT.

