

New year new you!

AREAS TO PURGE BEFORE THE END OF THE YEAR

Use the 4 bins method to purge the following areas of your home.



- DISHES
- PANTRY
- MAIL/ DOCUMENTS
- CLOTHES
- LAUNDRY
- TOOLS
- TOYS
- FURNITURE
- BOOKS
- SHOES

Create order in your life, and the abundance will come to you!

Great things are awaiting for you to make space in your life, for
them to come to you.

Yeinsy Contreras

Weekly Cleaning and organizing routine

Create a clutter collection station for your home, and a and a weekly cleaning and organizing routine.

Everyday

- Wipe stove, counters and do dishes as you use it.
- Quick tidy common areas of the house.
- One laundry load

Monday

Kitchen

- Organize fridge
- Clean cabinets surface
- Put away garbage
- Vacuum and mop

Tuesday

Bathrooms

- Clean toilets, tubs and shower walls
- Clean mirrors
- Clean counters and sinks
- Empty trash
- Vacuum & mop

Wednesday

living room

- Wipe baseboards
- Wipe down doors
- Takeout garbage from the car

Thursday

- Vacuum carpet & mop all floor home areas
- Wipe windows

Friday

- Purge and organize one cabinet of your kitchen
- Clean laundry room

Saturday

- Purge one storage box
- Take care of your yard while enjoy the weather

Sunday

- Family time
- Self-care