



Hi ladies. Welcome back. I hope that you've been doing a little bit of house cleaning and gets got started with some of the tips from last week.

Today I want to get practical with how to create a cleaning schedule, and I'll be giving you some charts. *Any charts that I mentioned will be included, so you can print those off to use those.*

Now, if you recall last week, I had your lists, the areas of housekeeping that you feel you've been unrealistic about as well as had you list the daily and weekly jobs that you feel are important and need to be done regularly.

This is important because finding what you need to do will really help you clarify. What's important when you're creating that cleaning schedule.

Once you know, what's realistic, you have a better idea then of where to put your energy and your focus. So once you've done those steps, if you haven't done that from last week, **do that before you go any farther.** Once that's done, there's three simple steps.



First, you made last week of must do jobs and assign each day each task to a specific day of the week.

(There's a chart we're including in your handouts for you to put that on.)

Then next schedule, 15 minutes each day to work on the area that's been assigned to that day, and then use the chart that's included to write the job.

And when you will do it, the goal of all this is to develop a habit of doing these jobs regularly until you develop a habit of doing it daily, without even thinking.

Just like how you brush your teeth, you want to have your daily housecleaning just be something you do.

An easy way to develop these cleaning habits is to attach them to something that you automatically are doing already. I think I've mentioned this in one of my previous videos, but for example, when you brush your teeth in the morning, go ahead and clean the bathroom you're in there, and you might as well clean it.



If it's kitchen day, when you clean up after breakfast, go ahead and do your 15 minutes of cleaning in the kitchen.

If you can't think of a habit that you can attach the job to attach it to the end of a meal, everyone eats meals.

Write yourself a note and put it directly on the table where you'll see it. And as soon as you're done eating, set your timer for 15 minutes and get started, this will help keep you from getting busy with other things and forgetting to get the job done.

Remember to use the charts that have been included: schedule 15 minutes of the day and then to keep your kids involved in helping fill in the master job list.

The job list that's included that has all the different jobs that need to be done to maintain your home. Fill in the weekly chore assignments chart, assigning jobs based on each child's age and their ability have the kids do their jobs at the same time that you've already scheduled your cleaning job for the day.



It's more fun to clean and work together. So let them know, okay, it's cleaning time. I'm going to set the timer for 15 minutes and encourage them to work efficiently and diligently.

It really does make it more fun when everyone's doing it same time. And then that extra challenge of doing it in 15 minutes, just keeps them moving and makes you want to really work hard.

The focus verse for this week is found in Colossians 3:23, where it says, *“and whatsoever you do do it heartily as to the Lord and not unto men do it with all your might.”*

And to me, that's also saying do it joyfully while it's really important to have a cleaning schedule more important is have the right spirit about it.

Do you ever find yourself grumbling about the cleaning? I know I've been guilty about that. I might be kind of slamming things around or I'm scrubbing extra harder because I'm frustrated and irritated about it. Well, our kids are watching that.



And so I had to remind myself that my kids were watching and I needed to be doing this with all my heart, for the Lord.

We need to do it for the Lord. We're serving Him as we serve our family. So if we want our kids to have a good attitude about cleaning, we have to set the example by doing it joyfully.

Sometimes as busy moms, we tend to get so caught up in all of our responsibilities that without realizing it, we lose our joy and so much of what we do.

And while a clean house does contribute to a better atmosphere, your spirit also contributes to the atmosphere. **You don't want to have a clean house with an unhappy mom.**

You want to have the joyful spirit as well. So I want to just share some things to help you have a more joyful spirit.

1: I think it's very important to be careful how you think.



I remember a time, not that long ago when I was just discouraged about some situations in my life and my mind was just kind of full of negative thoughts.

I was praying about it.

And ***the Lord reminded me right away of the importance of right thinking.*** Like we used to tell our kids, get rid of the stinking thinking!

And rather than believe the things that the devil was putting in my thoughts, which were nothing but lies. **I needed to dwell on the truth of God's word.**

When I felt like I couldn't handle things, God reminded me that I could do all things through Christ. That's in Philippians 4:13.

So often though, we stay discouraged and we lose our joy because we're not focused on the truths of God's word. So to stay focused on those truths, ***we need to be reading God's word daily.*** As we talked about in our first month, if you've noticed everything after the first month, it goes back to that foundation.



2: Give your expectations to God.

When I start expecting my husband to do certain things, to help around the house, or I expect kids to be extra diligent in their work, I'm setting myself up for frustration, disappointment, and a loss of my joy.

Don't expect those things, but rather counted as a blessing when someone does something extra that pleases you. When your kids or husband do reach out and help, maybe go above and beyond, make sure you let them know how much you appreciate it!

That encourages them to repeat that.

3: Listen to and sing hymns and other good Christian music.

As I've mentioned before, music affects our spirit and our attitude and can increase our joy.

And that is my favorite go-to when I'm feeling irritable or grumpy about the jobs that need to be done, or just the situation in the home. Good music will lift your spirit and help you get your attitude.

Right?



4: Get more sleep as busy moms.

It is so easy for us to stay up late, trying to get work done while the kids are sleeping. Or maybe you're the opposite, and you get up really early to get a jumpstart on things before the kids get up in the house is still quiet.

While I understand that temptation and I fallen into it myself from time to time when the kids were young, I quickly realized when I did that, that the resulting fatigue from not getting enough sleep, wasn't worth that extra time that I had to get work done.

Yes, the house may have been cleaner, **but I was not a happy mom.** And I was not very productive in my day. When you're tired, everything seems worse than it really is.

And it can be overwhelming and stressful when you're tired and stressed.

It's hard to be joyful. Isn't it?

So make sleep a priority and discipline yourself to follow a schedule that gives you the sleep that you need.



Some additional ideas to help you keep a happy spirit while caring for your home and your family:

Pray for your spouse or child while folding their clothes.

I used to love doing this when my kids were young, I didn't fold clothes a lot, but when I did, I would pray for each child.

As I folded their clothes, listen to podcasts that are encouraging. While you're cleaning and working while you're washing dishes, thank God that you have food to prepare.

If you didn't have food, you wouldn't have dishes! So be glad for this dishes when you're cleaning up the kids' messes.

Thank God that you have kids to clean up after.

And then again, play your favorite music while cleaning and working.

So in closing the final action step, I want to encourage you to take, ***if you're struggling to be a joyful mother, choose a couple of the ideas that I've just shared and implement them today and daily,*** while going about



your daily tasks in the home, let's have a good cleaning schedule, **but let's also do it with a joyful spirit.**