



## **CREATING A CLEANING SCHEDULE**

There are 3 simple steps to creating your cleaning schedule:

- Use the list you made last week of MUST DO jobs, and assign each task to a specific day of the week
- Schedule 15 minutes each day to work on the area assigned to that day
- Use the chart that is included to write the job, and when you will do it.

Attach the cleaning job to something you already do daily, to make it easier to develop a habit of doing it regularly.

### **ACTION STEPS:**

1. Schedule 15 minutes of the day for doing your daily jobs
2. To get your kids helping fill in the MASTER JOB LIST (see below) with all the different jobs that need to be done to maintain your home
3. Fill in the WEEKLY CHORE ASSIGNMENTS chart, assigning jobs based on each child's age and ability.



## **FOCUS VERSE: Colossians 3:23**

*“And whatsoever ye do, do it heartily, as to the Lord, and not unto men.”*

Remember that maintaining a clean house but losing your joy in the process, doesn't really help the atmosphere of your home!

### **Tips to Stay Joyful While Maintaining Your Home Well:**

1. Be careful how you think.
2. Give your expectations to God.
3. Listen to and sing hymns and other good Christian music
4. Get more sleep.



Additional ideas to stay joyful while cleaning:

- Pray for your spouse or child while folding their clothes
- Listen to encouraging podcasts while cleaning
- While washing dishes, thank God that you have food to prepare
- When cleaning up the kids' messes, thank God that you have kids to clean up after
- Play your favorite music while cleaning/working

**ACTION STEP:**

If you're struggling with your joy as a homemaker, choose a couple of the ideas given and implement them starting TODAY, while going about your daily tasks in the home.

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➔ **Using the chart below, assign each 'MUST' job to a specific day of the week.**

*An easy way to develop these cleaning habits is to attach them to something you already automatically do daily.*

For example: When you brush your teeth in the morning, go ahead and clean the bathroom. 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 to which you can attach a job, attach it to the end of a meal.

Write yourself a note and put it directly on the table where you will see it.

As soon as you are done eating, set your timer for 15 minutes and get started. That will keep you from getting busy with other things and forgetting to get the job done.

➔ **Schedule 15 specific minutes of the day and/or an attached activity for doing your daily jobs:**

<b>Day of the Week</b>	<b>Name of Job</b>	<b>Time to get done (specific 15 minute period)</b>	<b>Attached Activity</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			



# Weekly Chore Assignments

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Name	Monday	Tuesday	Wednesday	Thursday	Friday

*Notes*