

Cleaning Therapy Checklist

USE THIS CHECKLIST TO TURN CLEANING INTO A MINDFUL, STRESS-FREE RITUAL. FOLLOW THESE STEPS TO CREATE A CALMING ENVIRONMENT WHILE DECLUTTERING YOUR SPACE.

Set Your Intentions

- ✓ TAKE A DEEP BREATH. REMIND YOURSELF: CLEANING IS SELF-CARE, NOT PUNISHMENT.
- ✓ PUT ON YOUR CLEANING THERAPY PLAYLIST FOR A CALMING ATMOSPHERE.
- ✓ LIGHT A CANDLE, DIFFUSE ESSENTIAL OILS, OR OPEN A WINDOW TO REFRESH THE AIR.

Start Small & Slow

- ✓ CHOOSE ONE AREA TO CLEAN-DON'T OVERWHELM YOURSELF.
- ✓ CLEAR SURFACES FIRST (CLUTTER = VISUAL NOISE).
- ✓ MOVE WITH INTENTION, NOTICING HOW EACH ITEM MAKES YOU FEEL.

Make It Mindful

- ✓ FOCUS ON THE MOTIONS-FEEL THE RHYTHM OF WIPING, SWEEPING, AND ORGANIZING.
- ✓ AS YOU CLEAN, RELEASE WHAT NO LONGER SERVES YOU.
- ✓ BREATHE DEEPLY. LET GO OF TENSION WITH EVERY MOVEMENT.

Create a Clutter-Free Habit

- ✓ DESIGNATE A "RESET MOMENT" EACH DAY-5 MINUTES TO TIDY, NO PRESSURE.
- ✓ KEEP ONLY WHAT BRINGS JOY OR FUNCTION. LET GO OF THE REST.
- ✓ ENJOY YOUR CLEAN SPACE. NOTICE HOW LIGHTER YOU FEEL.

Remember, cleaning is more than just a task - it's a way to refresh your mind and create a space that feels good to be in. Take it slow, be intentional, and enjoy the process.

*you are one
in a melon!*

