

# *Sarah's Healing Touch for Women*

## **10 Tips to Keep a Clean & Organized Home**



An organized and tidy home and life enables a person to have more time, have less aggravation, enjoy better health, and gives a chance to accomplish more. It also brings peace and security to your family and all who may enter. I have listed some of the things that help me keep our home organized, however I realize that each home and family is very different. Hopefully you will find a few tips and ideas that you can use for your own beautiful and unique home and family. :)

- 1.) Have a place for everything. There are so many ways a person can organize with all the cute baskets, boxes and totes available. Find a way that works for you and be creative. Go through all your rooms starting with a room a day or even per week. Get rid of anything that you do not have a specific place for. When out shopping do not buy anything unless you have a specific spot planned for it in your home.
- 2.) Set a timer for a specific amount of time each day. During this time work as fast as you can on your focused area. You can also do this for more deeper cleaning. I personally give myself 45-60 minutes a day to do basic everyday cleaning. I have certain jobs that are extra that are not a part of my daily chores.
- 3.) Have a constant yard sale or get rid of box. You will be amazed at how quickly this box will fill up!
- 4.) Have a Scotch Brite scrubby in your shower. I got this tip from a dear friend and I love it! You fill the handle with half dish soap (Dawn or Seventh Generation work well) and half vinegar. Every time you take a shower you just quickly scrub your shower down. It works beautifully and keeps it nice and clean!
- 5.) Keep main rooms clean and ready for company. I strive to keep our living room, kitchen, and bathroom clean not only for unexpected guests but it is nice to have the main rooms in the house tidy and in order.

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- 6.) Teach your kids to clean with you. Sing and play games and make it fun! This can sometimes take longer at first but in the long run this will help your home stay clean without you having to do it all!
- 7.) Don't go to bed with a messy kitchen! I find it makes all the difference to start my day with a clean kitchen vs. a messy one. Even if my kitchen is not a big mess it seems to put me behind for the day. Plus it is so much more peaceful and inviting to start the day with a clean and fresh looking kitchen!
- 8.) Invest in a calendar/planner and establish a regular routine for you and your family. Psychologists have found that repeating an action for 21 consecutive days turn it into a habit. Set some goals to work on and start making new habits!
- 9.) Keep a cute shoe holder by your front door. We didn't necessarily make a rule of no shoes in the house but because everyone sees shoes by the door when entering they automatically take off their shoes. Which helps keep the carpets clean! :)
- 10.) Keep your beds made! I read in a book how when you come into a bedroom the bed usually makes up about 80% of the room. Even if the rest of the room is a mess if the bed is made it makes a lot of difference!

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