



A CLEAN HOUSE WITHOUT STRESS

RESTORING THE UNRULY TO SIMPLY MANAGEABLE

MELISSA PEDUZZI | MOM LIFE BY DESIGN

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by Melissa Peduzzi



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INTRODUCTION

As a “creative brained” individual and self-proclaimed free spirit, cleaning the house certainly would not make the list of one of my favorite things.

However, I’ve resigned myself to the fact that it is, indeed, a necessary evil.



One morning, upon discovering the reality that NO ONE had any clean socks or underwear to put on for the day ahead, I lost it. A few (or maybe a hundred) irrational thoughts about who was at fault ran through my frazzled and overwhelmed brain.

"Why on earth did no one tell me they were wearing their last pair?"

How many pairs are they wearing each day!?"

Didn't I JUST wash these people's things?"

No one is grateful for all the work I do around here, and NOW they have the NERVE to complain about a lack of clean things?"

After I took a deep breath and came back down to earth, I realized there was no one to blame but myself. In dividing the household duties, laundry was one of the things, among others, for which I had agreed to be responsible. However, I was failing at being useful in this task because I was leaving the job up to chance.

While I was doing a TON of extra work and feeling like a complete failure, I was trying to maintain my sanity. Something had to change before Mama lost her very last marble.

"I was failing at being useful because I was leaving the job up to chance."

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RECOGNIZING THE NEED

Since you're currently reading this book, I'm assuming there's something more you're looking for in running your household. Perhaps you feel like you have a good handle on everything, but are always on the hunt for tips and tricks to employ. It could be that you're looking to decrease stress when it comes to household duties. Or maybe, this is a last-ditch effort as you feel currently hopeless with today's state of the house.

No matter your motivations, I'm so glad you're here. I pray the next few pages as we journey together will be both encouraging and practically helpful wherever this workbook finds you.

I've included a few short questions for reflection at the end of every chapter, and encourage you to use these as you look inward for deeper motivation. While I've never identified as an organized person or a keeper of a spotless house, knowing my WHY behind keeping up with household needs keeps me going.

This is a living, breathing, ever-changing process that will grow with your needs and schedule.

Melissa Peduzzi

CHAPTER 1



WHY HAVE A CLEANING SCHEDULE?

A look at four reasons a cleaning schedule removes the feeling of overwhelm and restores your home to a place you can relax and enjoy again.

Chapter 1

Why Have a Cleaning Schedule?

Adult responsibilities mandate that we clean the house. While there is no universal standard of cleanliness that we must measure up to, there seems to be a generational idea that continues to be passed down, passing with it guilt and self-blame.

This looming standard to give our house the appearance of peace and tranquility with everything put away and the dust bunnies eradicated is the source of a lot of anxiety, frustration, and dread.

But to put it simply, **life is too short to stress about cleaning.**

I've discovered the more I

try to not think about all that needs to be taken care of around the house, the more stressed I get. A laid-back attitude towards these unpleasant tasks just isn't going to cut it, friends. You need a schedule.

I'm not just talking about a general to-do list that continues to grow longer and longer, adding to the anxiety. I'm talking about a simple, actionable schedule that tells you what to do, and WHEN to do it.

The schedule is yours, and yours alone. It takes out the pressure, days of sweating while cleaning before a big event, and the overwhelming feeling of not even knowing where to start.

While I don't know that cleaning will ever be FUN for me, I've found how to remove the dread from it and quickly get it done, restoring my home from a burden to a haven of relaxation and joy that I get to enjoy again truly.

A simple schedule will do that. I think there are four clear reasons why.

1. Having a Plan Stops The Overwhelm

Taking care of a home can be a daunting task. There are so many parts and different things that need cleaning. With no clear direction, I feel the burden of them all just sitting on my shoulders, waiting for action.

When there are so many things to do just looming out there, I get super overwhelmed. The slightest interruption to my day can send me into a downward spiral of snapping at everyone I love and just generally being grumpy.

I don't want to live like that - in a world where minor things can set me off into a negative chain reaction. Having a schedule takes the load off my shoulders. Everything has a place and will get done in its time.

I don't have to worry about washing the sheets (or more realistically, when the last time I washed the sheets was, quickly followed by all the mom guilt for allowing everyone to sleep on gross sheets for who knows how long...and before I know it I'm a failure at everything. Can anyone relate?), because on sheet day, they get washed.

The burden comes off your shoulders and rests safely in your schedule. If you're stressing in anticipation, please don't! I promise it's so much easier than you think to create that schedule. We'll walk through every step together!

2. No Panic Deep Cleaning Sessions

Have you ever had a friend drop by unexpectedly and been embarrassed about the state of your house? Or what about relatives that give you a call as they are on their way for a visit?

I get it - this stuff used to stress me out too.

Think About This:

"Some of our best intentions fail because **we don't have a system of execution**. When it comes down to it, your new attitudes and behaviors must be incorporated into your monthly, weekly, and daily routines to affect any real, positive change. A routine is something you do every day without fail, so that eventually, like brushing your teeth or putting on your seatbelt, **you do it without conscious thought.**"

- *The Compound Effect*,
Darren Hardy



As a mompreneur, I know the expectations are high from the outside. I try not to let other people have any say over me, but truth be told, I feel like my home is a reflection of me. Part of my work at home is to take care of the house and be good stewards of what we've been entrusted with.

Don't get me wrong - this doesn't mean I tie up my self-worth in whether or not we would pass a white glove test (because man, would I be a big failure)! I know what's seen on the outside (in how I take care of my home) is a reflection of the inside.

The beauty of a cleaning schedule is that you're always company-ready. There's no need to stress the family out for an emergency deep clean when family or friends are dropping in unexpectedly - you're ready!

Having bite-sized chunks of cleaning that you regularly do according to the schedule ensures that nothing is forgotten, or left for too long, on its own.

3. You Run Your Home - It Doesn't Run You

Without a schedule, I let things pile up. Only urgent needs can catch my attention, and get my frazzled efforts to get them back under control. It's a vicious cycle - and one that leaves me powerless.

Knee-jerk reactions are never as powerful as a well-thought-out response to the problem.

When you have a schedule that takes care of all the pressing tasks in your home, your energy is so much better served in purposefully moving forward instead of continually putting out fires. You stay on top of things, and in control, eliminating the urgency and stress that I used to always associate with cleaning the house.

No one needs to be a slave to cleaning. It's high time we put taking care of the house back in its place, where we can get it done and forget about it.

4. It Makes Your House a Haven

We've talked about how a cleaning schedule decreases your stress, keeps your home ready for surprise visits, and keeps you in control rather than the other way around. Not only does a cleaning schedule keep your home clean and orderly,

but it also keeps you calmer as well.

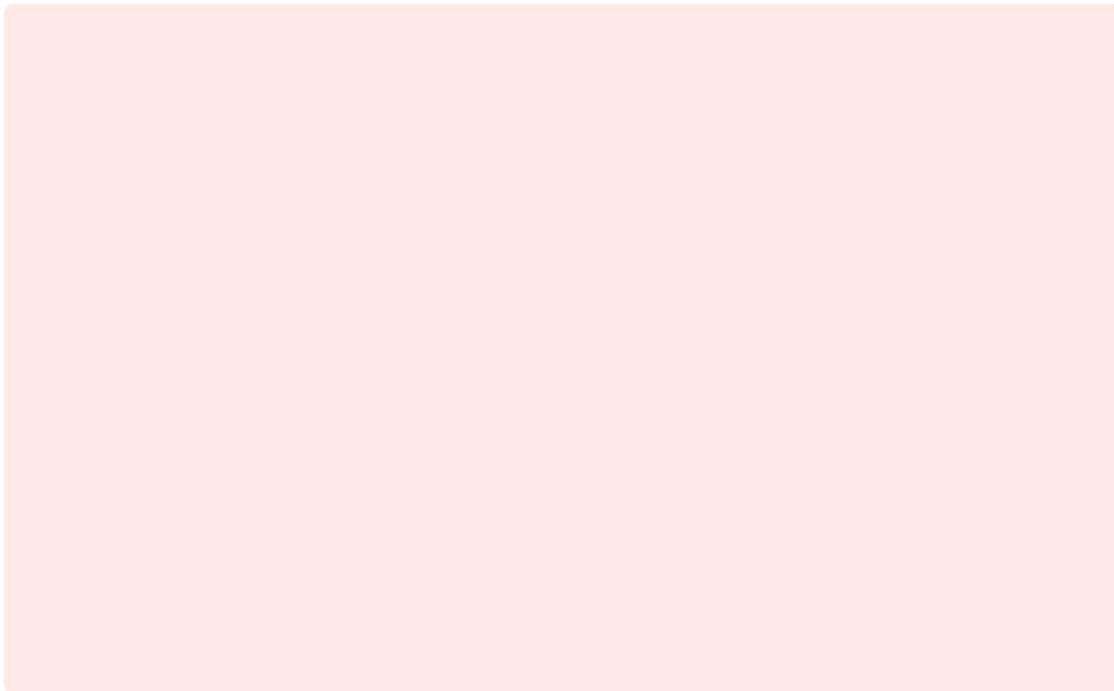
When Mama isn't in a cleaning frenzy, it can help to keep the overall tone in the house calm and peaceful, especially in your own heart. Without the weighty burden of cleaning chores just hanging out there in the future, for me, it frees up more of me to speak and respond gently with my family.

A schedule isn't a miracle worker all by itself, but in the hands of a Mama willing to implement it, it can be quite miraculous the changes it can create.

Doesn't that sound great? If you're ready to try a cleaning schedule, but unsure where to start, you're right where you need to be. Print out your Perfect Cleaning Schedule Printable, and we'll jump into the "How-tos" next!

PAUSE AND REFLECT

What are your biggest struggles when it comes to cleaning the house?



What do you hope to accomplish with a schedule?



What would this cleaning schedule allow you more time to do?

