

# ♥ YOU CAN ♥

## ♥ MONDAY

### ♥ SPOTLIGHT ON LIVING ROOM

- 1 ..... 5 min declutter
- 2 ..... Dust surfaces
- 3 ..... Clean inside of windows
- 4 ..... Clean skirting boards
- 5 ..... Clean mirrors
- 6 ..... Hoover / sweep floor

### ♥ SPECIAL TASK

- WASH AND DRY BEDDING

*Start where you are - Use what you have  
Do what you can*

### ♥ DAILY CHECK LIST

- Make beds
- Put on a load of laundry
- Fold & put away laundry
- Wipe down kitchen
- Empty kitchen bin
- Vacuum main floor areas
- Load / unload dishwasher
- 10 min speed tidy