

Weekly Cleaning Checklist



**The
Detangled
Nest**

Simple Living & Home Organization

Whole Home Reset (10 Minutes)

- Open windows for fresh air
- Clear visible clutter from main surfaces
- Put items back in their “home”
- Empty trash bins
- Quick vacuum high-traffic areas

Living Room (10 Minutes)

- Reset pillows & blankets
- Clear coffee table
- Wipe surfaces
- Remove items that don't belong

Kitchen (15 Minutes)

- Clear countertops
- Wipe appliances
- Empty dishwasher
- Toss expired food

Bathroom (10 Minutes)

- Wipe sink & mirror
- Replace towels
- Restock essentials
- Quick toilet wipe

Mental Reset

- Write top 3 priorities for the week
- Plan one calm moment for yourself
- Light a candle or diffuse essential oil