

THE SECRET SLOB'S

# 21 DAYS TO A CLEAN HOME

TRACK YOUR PROGRESS AS YOU  
TAKE YOUR HOME FROM CHAOS TO CLEAN!

# welcome!

Thank you for your purchase, I am thrilled to have you along for this whole house overhaul!

Just three short years ago, I was overwhelmed with dishes, laundry and clutter. I used this exact system to find my way through the mess and have been using it daily ever since. No matter what state of chaos you are currently in, I know you will find habits and routines that will fit your life and bring peace to your home.

The most important thing I have learned through this whole process is to focus on your progress. There will be days when you will breeze through your routines with time to spare, and there will be... other days. That's ok. Life isn't perfect and neither are we. Just keep going right where you left off. It doesn't matter if you complete the program in 21 days or 200, as long as you keep going, introducing and implementing new habits slowly and giving yourself grace for error.

Everyone's life is different, so I strongly urge you to keep the habits that help, forget the ones that just don't work and fully customize the system to fit you. Let's get started!

*Steph*



## Reminder!

Join 'The Secret Slob Facebook Motivation and Accountability' group to connect with other people taking on the challenge!

[www.facebook.com/groups/thesecondslob/](http://www.facebook.com/groups/thesecondslob/)

# Let's do this.

01

## SET YOUR GOALS & INTENTIONS

*What do you hope to accomplish in the next 21 days? Let's make a plan to make it happen!*

02

## KNOW YOUR RESOURCES

**YouTube** - watch the daily video for instruction (playlist link in email sent with this package)

**Facebook** - accountability from likeminded people

**[www.thesecondslob.com](http://www.thesecondslob.com)** - printables and motivation

03

## GET STARTED!

*There is no better time to start than right now!  
I know you can do this, I am here with you every step  
of the way.*

# Opening Day Goal Setting & Reflection

How does my house feel now at the beginning of the challenge?

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How do I want my house to feel at the end of the challenge?

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Who am I doing this for and why?

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What daily habits do I already have in place?

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What do I struggle with most: time, energy, or excuses? How can I change that?

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When I want to quit, what will I tell myself to get back on track?

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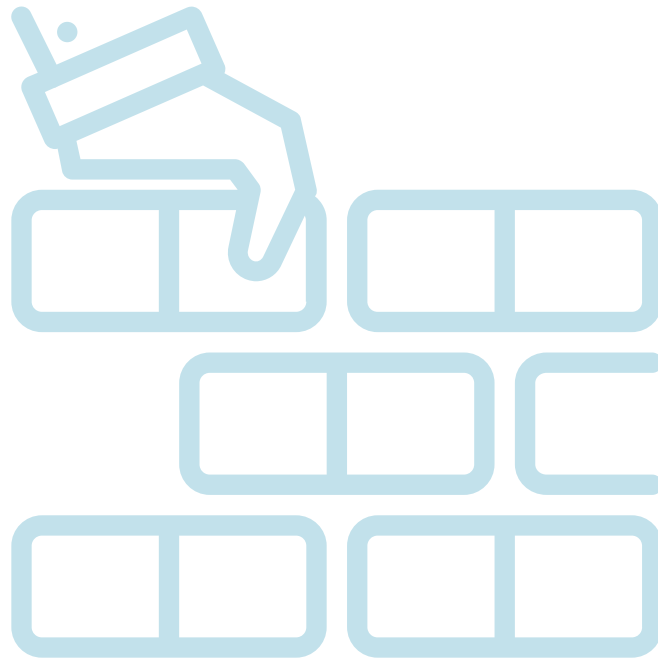
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I promise to do my best with the time and energy I have, celebrate my progress however small, and above all, be kind to myself.

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*Sign here to agree*

# 21 Days At a Glance





# 01 / Week One - Laying the foundation

This week we are starting with the core habits that will eventually make up your daily routines.

I call it 'laying the foundation' because like a house, a strong foundation is paramount to building on more complex systems later.

Even though it might be super tempting to jump ahead and do multiple days at once, I really want to emphasize the importance of starting small and going slow.

Habits take time to feel natural, but with practice and patience they will eventually become automatic (this is where the magical self-cleaning house comes in!!).

If at any time, you feel overwhelmed or like you need to 'catch up', just stop, take a pause right where you are, and practice the habits you have already learned. Once you feel a comfortable rhythm with your new habits, carry on to the next step!

*The secret to getting ahead is getting started.*

# 01 day one

## NEW HABIT: SHINE YOUR SINK

Just get started! Get this first step done ANYTIME on day 1!

WHAT IS YOUR PLAN TO STICK TO YOUR GOALS OVER THE NEXT 21 DAYS?

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## DAILY CHECKLIST

Shine Your Sink

## REFLECTION

When will I make time for this habit every day?

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How can I make it easier to accomplish?

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Daily mood and energy:



Did you make progress?



# progress not perfection

Watch the daily video for everything you need to know!

[WWW.YOUTUBE.COM/THESECRETSLOB](http://WWW.YOUTUBE.COM/THESECRETSLOB)

# 02 day two

## NEW HABIT: DRESSED TO SHOES

Self-care first thing in the morning helps me feel ready to conquer the day!  
\*Shoes are not important

### HOW WILL I DRESS TO FEEL MY BEST EACH DAY?

- OUTFIT?
- SKINCARE ROUTINE?
- MAKEUP?

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### DAILY CHECKLIST

- Shine Your Sink
- Get Dressed

### REFLECTION

When will I make time for this habit every day?

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How can I make it easier to accomplish?

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Daily mood and energy:



Did you make progress?

 Y  N

## Extra notes:

This is how we tell ourselves that we are ready to work and ready for anything the world throws our way.

No more having to scramble to find pants when the doorbell unexpectedly rings (I've been there!).

Make this a habit starting today. Tonight, remember to shine up your sink, it will be quick and easy now that it was scrubbed down yesterday!



# 03 day three

## NEW HABIT: DISHES & CLEAN COUNTERS

Do this before bed so you can wake up to a shiny kitchen every morning!

HOW CAN YOU KEEP ON TOP OF DISHES THROUGHOUT THE DAY SO THERE IS LESS TO DO IN THE EVENING?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters

## REFLECTION

What might get in your way of getting your dishes done daily?

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Daily mood and energy:



Did you make progress?

 Y  N

# Progress Not Perfection

watch the daily video for everything you need to know!

[WWW.YOUTUBE.COM/THESECRETSLOB](http://WWW.YOUTUBE.COM/THESECRETSLOB)

# 04 day four

## NEW HABIT: MAKE YOUR BED

There is nothing better than getting into a made bed!

HOW CAN YOU KEEP YOUR  
BEDDING SIMPLE, BUT STILL  
COZY?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed

## REFLECTION

When will I make time for this habit  
every day?

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How can I make it easier to  
accomplish?

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Daily mood and energy:



Did you make progress?



*Mistakes are proof that you are  
TRYING!*

# 05 day five

## NEW HABIT: POWER TIDY

Turn up the music, set a timer and go! Get the family involved and see how much can be accomplished in a short time.

WHICH ROOM(S) WILL YOU FOCUS ON? WHAT TIME OF DAY WILL YOU COMPLETE THIS TASK?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy

## REFLECTION

How can I make this task easier to accomplish?

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Daily mood and energy:



Did you make progress?



# Reminder!

When the timer goes off you STOP! Practice not doing something perfectly and being okay with it!

# 06 day six

## NEW HABIT: LAUNDRY

No two laundry routines are alike. Create one that works best for you!

WHAT STEP IN THE LAUNDRY ROUTINE DO YOU STRUGGLE WITH THE MOST? WHAT CAN YOU DO TO TACKLE IT?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry

## REFLECTION

How can you reduce the amount of laundry your household makes?

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Daily mood and energy:



Did you make progress?



# Simplify your laundry routine:

Check out this extra video and get some tips on making your laundry routine more efficient

ON YOUTUBE SEARCH 'HOW TO DO LAUNDRY FAST/NO FOLD METHOD'

# 07 day seven

## NEW HABIT: FLOOR CHECK

Clean floors make a HUGE impact on the overall feeling of your home!

HOW OFTEN DO YOUR FLOORS NEED TO BE CLEANED? WHICH ROOMS NEED THE MOST ATTENTION?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check

## REFLECTION

When will I make time for this task everyday?

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Daily mood and energy:



Did you make progress?

 Y  N

## Tip!

Find a place for your broom or vacuum that is close and easily accessible to the room you use it in most!



## 02 / Week Two - Set up Systems!

Congratulations on completing your first week! Making changes to your daily routines and adding new habits can start to feel overwhelming, so make sure you are going at a good pace for you!

This week we are implementing some simple organization that will help you manage your weekly routines with ease!

My favourite is day 8 when we introduce the weekly cleaning sheet so you can see how your weekly

tasks and daily routines are broken up and balanced out across each day.

Continue working on being consistent with the core habits from last week, and think about ways you can rearrange them in your day to work best for you.

Let's keep the motivation rolling right into week 2! You've got this!

# Reminder!

Grab more weekly printables here:

[WWW.THESECRETSLOB.COM](http://WWW.THESECRETSLOB.COM)

# 08 day eight

## NEW HABIT: WEEKLY PLAN

Write out EVERYTHING that needs to get done this week!

AFTER WRITING DOWN YOUR ROUTINES, HOW DO THEY BALANCE OUT? CAN YOU REARRANGE ANYTHING TO MAKE IT MORE MANAGEABLE?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan

## REFLECTION

Which day of the week works best for you to take a few minutes to plan your week?

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Daily mood and energy:



Did you make progress?

 Y  N

## Tip!

Post your '21 Days to a Clean Home' tracker and weekly plan in an area of your home where other members of your household can see the progress you're making and motivate them to get involved!

# 09 day nine

## NEW HABIT: HOT SPOT

Tackle an area in your home that is overwhelmed with stuff for 2 minutes!

### WHAT AREAS OF YOUR HOME TEND TO COLLECT 'STUFF'?

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### DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot

### REFLECTION

How can I make it easier to accomplish this task?

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Daily mood and energy:



Did you make progress?



## Reminder!

This is about doing a little bit every day and not letting it pile up. You likely won't clear your hot spot on the first day, but with daily progress you will see huge results!



# 10 day ten

## NEW HABIT: BATHROOMS

A quick wipe once a day keeps the bathrooms sparkly clean!

WHAT TOOLS WILL YOU USE TO CLEAN THE BATHROOM? HOW MANY TIMES PER WEEK DOES EACH BATHROOM NEED ATTENTION?

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## DAILY CHECKLIST

- Shine Your Sink Get  Bathrooms
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot

## REFLECTION

How can I make it easier to accomplish this task?

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Daily mood and energy:



Did you make progress?

 Y  N

"We are what we repeatedly do.  
Excellence then, is not an act, but a habit"

- Aristotle

# 11 day eleven

## NEW HABIT: DECLUTTER

A quick and satisfying way to make cleaning easier! You can't clean clutter!

LIST TEN AREAS OF YOUR HOUSE THAT NEED TO BE DECLUTTERED.

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot
- Bathrooms
- Declutter

## REFLECTION

What can you do to avoid building up clutter going forward?

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Daily mood and energy:



Did you make progress?

Y  N

# Reminder!

Get your decluttered items out of your house ASAP! Don't let your donation boxes can pile up and become a new form of clutter.

# 12 day twelve

## NEW HABIT: PREP FOR TOMORROW

The single biggest game changer for easier mornings!

WHAT CAN YOU DO TONIGHT  
TO MAKE TOMORROW  
MORNING EASIER?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot
- Bathrooms
- Declutter
- Prep For Tomorrow

## REFLECTION

List the items that need to be set at  
the door every night.

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Daily mood and energy:



Did you make progress?

 Y  N

## Tip!

Have a dedicated place near your door for items you'll need when heading out.

# 13 day thirteen

## NEW HABIT: GEAR UP

Simplify your supplies so you are always ready to go!

WHAT DO YOU NEED IN YOUR EVERYDAY CLEANING CADDY? WHAT CAN BE STORED ELSEWHERE?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot
- Bathrooms
- Declutter
- Prep For Tomorrow
- Gear Up

## REFLECTION

How can you simplify your cleaning supplies so they don't add to the clutter?

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Daily mood and energy:



Did you make progress?

Y  N

## Tip!

Make your own all purpose cleaner for pennies a bottle! In a spray bottle mix:  
1/3 part vinegar  
2/3 parts water

# 14 day fourteen

## NEW HABIT: MEAL PLAN

This will help save you time, money & stress!

WRITE DOWN TEN QUICK MEALS THAT YOU ALREADY KNOW HOW TO MAKE.

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot
- Bathrooms
- Declutter
- Prep For Tomorrow
- Meal Plan

## REFLECTION

What night of the week will you dedicate a few minutes to planning your week's meals?

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Daily mood and energy:



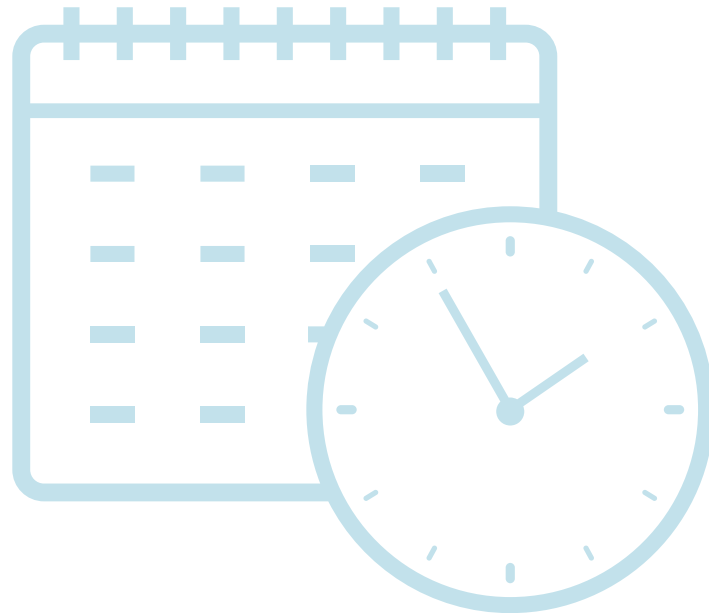
Did you make progress?

Y  N

# Reminder!

Watch the daily video for everything you need to know!

[WWW.YOUTUBE.COM/THESECRETSLOB](http://WWW.YOUTUBE.COM/THESECRETSLOB)



## 03 / Week Three - Fine Tune & Focus

We are in the home stretch and you are crushing this challenge!

Take a moment to reflect on how much progress you have made since day 1! What has made the biggest difference, what surprised you most and most importantly, what will motivate you going into the final week?

This week we are adding a focus to each day. The purpose is to break up our never ending to-do lists into manageable chunks.

Continue your daily routines. By this time some of them might even be starting to feel automatic! As you get used to the routines, you can fine tune and adjust your system to maximize efficiency.

Now the only thing left to do is decide what you will do with all of your free time!

"The objective of cleaning is not just to clean, but to feel happiness living within that environment."

- Marie Kondo

# 15 day fifteen

## NEW HABIT: WEEKLY HOME RESET

Focus on the main traffic areas of your house for 60 minutes a week!

HOW WILL YOU FIT THE WEEKLY HOME RESET INTO YOUR SCHEDULE?

VACUUM, MOP, DUST, GARBAGE, SHEETS, MIRRORS

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## DAILY CHECKLIST

- Shine Your Sink Get
- Bathrooms Declutter
- Dressed
- Plan For Tomorrow
- Dishes & Counters
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- Make Your Bed
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- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot

## REFLECTION

Cross off the tasks as you complete them

- Vacuum
- Mop
- Dust
- Change Sheets
- Mirrors
- Empty Garbages

Daily mood and energy:



Did you make progress?

Y  N

# Reminder!

Make the weekly home reset work for you! This doesn't all have to get done in one straight shot if that doesn't suit your life. Over the course of a day or week, fit this cleaning routine into the little pockets of extra time that you can find.

# 16 day sixteen

## NEW HABIT: PLAN AND PAY DAY

Consider this your 'home administration day'.  
Pay bills, write cards, confirm appointments, and update calendars.

LIST ALL OF YOUR BILLS AND  
THE DUE DATES.

CAN YOU MAKE SOME OF  
THEM AUTOPAY?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot
- Bathrooms
- Declutter
- Prep For Tomorrow
- Plan & Pay

## REFLECTION

What day of the week will you dedicate as  
your 'Plan & Pay'?

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Daily mood and energy:



Did you make progress?

 Y  N

# progress not perfection

Watch the daily video for everything you need to know!



# 17 day seventeen

## NEW HABIT: ANTI-PROCRASTINATION DAY

Pick one small thing you have been putting off, and commit to getting it done.

LIST FIVE NAGGING TASKS THAT NEED TO GET DONE. CHOOSE ONE AND COMPLETE IT TODAY! DID IT TAKE SHORTER OR LONGER THAN EXPECTED?

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## DAILY CHECKLIST

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| <input type="checkbox"/> Dressed             | <input type="checkbox"/> Declutter            |
| <input type="checkbox"/> Dishes & Counters   | <input type="checkbox"/> Prep For Tomorrow    |
| <input type="checkbox"/> Make Your Bed       | <input type="checkbox"/> Anti-Procrastination |
| <input type="checkbox"/> Power Tidy          |   |
| <input type="checkbox"/> Laundry             |   |
| <input type="checkbox"/> Floor Check         |   |
| <input type="checkbox"/> Weekly Plan         |   |
| <input type="checkbox"/> Hot Spot            |   |

## REFLECTION

What day of the week will you dedicate to 'anti-procrastination'?

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Daily mood and energy:



Did you make progress?

Y	N
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- Now
- Later
- Tomorrow

# 18 day eighteen

## NEW HABIT: SELF-CARE

Take care of yourself so you can take care of others.

DO YOU MAKE ENOUGH TIME FOR SELF CARE USUALLY? WHAT WILL YOU DO FOR YOURSELF TODAY?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot
- Bathrooms
- Declutter
- Prep For Tomorrow
- Self-Care

## REFLECTION

How will I continue to make time for myself during busy weeks?

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Daily mood and energy:



Did you make progress?

Y  N

## Tip!

Make a list of things you can do for yourself!  
Brainstorm activities that make you feel good and that you enjoy.

# 19 day nineteen

## NEW HABIT: CAR & BAG

Take 5 minutes weekly to clean out the car and your purse/backpack/diaper bag

HOW DOES ADDING A DAILY FOCUS TO YOUR WEEKLY PLAN HELP? ARE THERE ANY OTHER FOCUS DAYS YOU NEED TO ADD/REMOVE TO SIMPLIFY YOUR LIFE

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### DAILY CHECKLIST

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| <input type="checkbox"/> Shine Your Sink Get | <input type="checkbox"/> Bathrooms         |
| <input type="checkbox"/> Dressed             | <input type="checkbox"/> Declutter         |
| <input type="checkbox"/> Dishes & Counters   | <input type="checkbox"/> Prep For Tomorrow |
| <input type="checkbox"/> Make Your Bed       | <input type="checkbox"/> Car & Bag         |
| <input type="checkbox"/> Power Tidy          |  |
| <input type="checkbox"/> Laundry             |  |
| <input type="checkbox"/> Floor Check         |  |
| <input type="checkbox"/> Weekly Plan         |  |
| <input type="checkbox"/> Hot Spot            |  |

### REFLECTION

How can I make it easier to accomplish this task?

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Daily mood and energy:



Did you make progress?



## Tip!

Keep a small garbage can or bag in your car so you don't have to gather up trash later.

# 20<sup>th</sup> day twenty

## NEW HABIT: 5X5

An easy hack when you need to do some catchup throughout the house.

SET A TIMER - WHAT FIVE ROOMS WILL YOU TACKLE?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot
- Bathrooms
- Declutter
- Prep For Tomorrow
- 5x5

## REFLECTION

How can I make it easier to accomplish this task?

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Daily mood and energy:



Did you make progress?

Y  N

## Tip!

Need a timer? Search '5x5 SPEED CLEAN TIMER' on YouTube!

# 21 day twenty-one

## REFLECTION DAY

Plan the week ahead!

WHAT WENT WELL? WHAT AREAS OF YOUR SCHEDULE STILL NEED SOME FINE-TUNING?

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## DAILY CHECKLIST

- Shine Your Sink Get
- Dressed
- Dishes & Counters
- Make Your Bed
- Power Tidy
- Laundry
- Floor Check
- Weekly Plan
- Hot Spot
- Bathrooms
- Declutter
- Prep For Tomorrow
- Reflection

## REFLECTION

How can I make it easier to accomplish this task?

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Daily mood and energy:



Did you make progress?



# Reminder!

Join the Facebook accountability and motivation group for continued support and inspiration.

[WWW.FACEBOOK.COM/GROUPS/THESECRETSLOB](http://WWW.FACEBOOK.COM/GROUPS/THESECRETSLOB)



## 03 / Congratulations!

Congratulations! You have made it to the end of the 21 Days to a Clean Home challenge! It was not easy, but you stuck with it, and kept going despite any obstacles.

I am so proud of you, and I hope you are proud of yourself too.

Now that we have reached the end, everyone's final system will look a little different and that is a good thing, because everyone's lives are different!

Moving forward - You now have all of the tools you need to keep your home organized and running smoothly.

Your energy and time might vary from day to day, and even month to month, so remember to give yourself grace for days when you miss some things, and scale back to the core habits on routines during times of stress and overwhelm.

There's no turning back now. You are on your way. Just keep on going!

"You don't have to see the whole staircase, just take the first step."

- Martin Luther King, Jr.

# Closing Reflection

Going forward, what does an average day in your life look like?

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How has introducing daily habits and routines improved your life?

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Were there any habits that didn't work for you?

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How has your time management changed?

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Were you able to forgive yourself when your day didn't go as expected?

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How does your house feel?

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