



Challenge Week 1

Create cleaning and organizing habits and maintain them as best you can. A long-held belief is that it takes 21 days to create a habit. More recently, the University College London has conducted research that reveals it “takes an average of 66 days to create a habit.” So don’t beat yourself up if you forget to follow this challenge! Just keep going back to the beginning! You can also follow me on twitter at https://twitter.com/_livingwithdana if you need challenge reminders.

Every Day

- Make beds
- Wash dishes
- Wipe bathroom and kitchen counters
- Pick up clutter throughout house
- Do laundry (if you don’t have any, yay!)
- Empty trash

Monday

- Vacuum
- Dust

Tuesday

- Clean bathrooms

Wednesday

- Clean kitchen including microwave, stove, cabinets, coffee maker, silverware tray

Thursday

- Vacuum
- Mop

Friday, Saturday, Sunday

- Clean bedrooms and living room
- Work on one of the weekly challenges!

- _____
- _____
- _____