



Back To School Mindset Prep

- Begin read aloud time once a day (*if you've dropped it over summer*)
- Have 10 minutes or so of SSR (sustained silent reading) for your children who already read
- Move bedtime incrementally closer to what it will be when school starts
- Start listening to audiobooks in the car your kids will enjoy
- Sit down with your planner and pencil in all upcoming school calendar events, dates, and breaks
- Set up a Command Center in a high traffic area to begin the school year organization
- Determine a budget for back to school expenditures
- _____
- _____



Back To School Clothing

- Go through the fall clothing stash and pass down what is in good condition, donate what no longer fits, or throw away stained or clothing in bad condition
- Swap out seasonal clothing in the closet for easy access to school clothes
- Before purchasing uniforms, ask around for any gently used hand me downs then make new purchases
- Use coupon apps (*like RetailMeNot*) to find deals on back to school clothing
- Purchase backpacks, lunch boxes, water bottles, and other wardrobe necessities
- Sort through fall and winter outerwear, discard what no longer fits
- Do a sock inventory. Match socks, discard lonely socks, and stock up on everyday socks for all school aged kids.







Back To School Home Organization

- Create a command center for incoming and out going papers
- Designate a backpack and bag drop off area in your home near the door. Place baskets or hang hooks to keep system going
- Organize and/or order necessary lunchbox supplies.
Tupperware, Ziplocs, reusable bags, and water bottles in one handy location
- Create a system for keeping artwork or take home projects that is easy to maintain
- Set up a spot dedicated to homework
- Purchase alarm clocks for any child who is able and willing to wake up without you
- _____
- _____



Breakfast, Food & Snack School Prep

- Brainstorm DIY breakfast ideas that'll allow your child to serve themselves
- Create a master spreadsheet of all breakfast and lunch ideas that will save you time and planning later
- Determine if any snacks or breakfast items can be shipped on subscription (*e.g. Amazon Pantry*) and set up automatic shipping
- Get back on the meal planning train. Print, pin, and save new recipes to work into your rotation
- Cook ahead some freezer meals to use in the first few busy weeks of school
- Clean out the fridge and pantry of outdated or unused items to make way for the new
- _____
- _____



Companion School Supplies For The Home

- Purchase or collect pencils, pens, colored pencils, crayons, and markers
- Scissors
- Glue
- Pencil sharpeners and erasers
- Construction paper
- Ruled notebook paper
- _____
- _____



5 Minute Chore Checklist

- Grab glass cleaner and wipe down mirrors
- Wipe down bathroom counter tops and sinks
- Scrub the toilet bowl
- Wipe kitchen counters
- Set dishwasher on self-cleaning cycle
- Microwave your wet kitchen sponge with essential oils to kill sponge bacteria and clean the microwave
- Shake off your welcome mat
- _____
- _____



Kitchen Deep Clean Checklist

- Wipe down all chair legs, seats, and barstools and wash all cushions
- Dust and wipe down light fixtures
- Wipe down windows and windowsills
- Do a junk drawer clean out, throw away as much as you can and organize the rest with drawer organizers
- Clean inside of cabinets and wipe down front and backs of cabinets
- Wipe and disinfect all counter tops and islands
- Cull pantry then organize remaining items by category or purpose
- _____
- _____



Monthly Cleaning Checklist

- Scrub bathroom grout and bathroom tile (*shower, surroundings, etc.*)
- Wash duvet covers, pillow shams, and mattress protectors
- Dust shelves, tables, flat surfaces, and decorative elements around the home
- Discard freezer, fridge, and pantry food that's past its prime
- Wipe inside and outside of recycling bins and trash cans
- Wipe down doors, trim, and baseboards
- Dust ceiling fans
- _____
- _____



Yearly Cleaning Checklist

- Have carpet and rugs professionally cleaned
- Clean underneath and behind appliances and larger furniture
(i.e. couches, beds, etc.)
- Wipe down walls
- Clean windows inside and out
- Flip mattresses
- Organize, purge, and sort basement, attic, and garage storage
- Wash shower curtain and liner
- _____
- _____



Evening Sweep Checklist

- Living room floors and surfaces cleared with things put in baskets or their proper place
- Toys put in storage baskets or toy organization
- Kitchen counter tops wiped and cleared
- Items on floor put away or thrown away
- Pack diaper bag, school bag, or lunches for the day ahead
- Set timers on any applicable appliance (*washing machine, coffee maker, etc.*)
- Run dishwasher and empty sink
- _____
- _____



3-6 Month Cleaning Checklist

- Wipe down inside of fridge
- Scrub the kitchen range hood
- Self-clean oven
- Self-clean dishwasher
- Wash inside of microwave
- Clean around washer and dryer
- Wipe down baseboards, trim, and moulding



2 to 3 Year Old Chores

- Help put toys away
- Dress him or herself (with some help)
- Put clothes in hamper after undressing
- Bring plate to the sink after meals or put in dishwasher
- Help with table setting and table clearing (*with unbreakable dishware*)
- Brush teeth with assistance
- Straighten couch and sofa cushions
- _____
- _____



4 to 5 Year Old Tasks & Chores

Know full name, address, and phone number

Know how to make an emergency call

Perform simple cleaning chores

Feed pets

Understand the basic concept of money

Brush teeth, comb hair, and wash face

Help with basic laundry chores

Choose clothes and dress themselves



6 to 7 Year Old Chores

- Mix, stir, and cut with a dull knife
- Make a basic meal, like a sandwich
- Help put groceries away
- Wash dishes, load dishwasher, unload dishwasher
- Use basic household cleaners to wipe surfaces
- Straighten bathroom after using it
- Make bed without assistance
- _____
- _____



8 to 9 Year Old Chore List

- Fold clothes
- Learn simple sewing
- Care for outdoor toys such as bike
- Take care of personal hygiene without direction
- Use vacuum properly
- Read recipe and prepare simple meal
- Count and make change
- Take written phone messages
- _____
- _____



Fall Bucket List

Go to a pumpkin patch

Go apple picking

Attend a football game

Make smores

Bake (*or just eat*) a pumpkin pie

Go for a hike

Put fall potpourri in the home (*or on the stove*)



Thanksgiving Checklist

- Determine location of Thanksgiving lunch or dinner
- Meal plan all the dishes you are responsible for (*print, photocopy, or write down*)
- Shop for non-perishable items early as you can to keep in pantry
- Decorate your home simply but festively to create a warm atmosphere
- Create a holiday playlist (*or get a CD*) and play it during the more stressful times
- Deep clean all areas where guests will be including bedrooms, bathrooms, and seating areas
- Assign tasks to family members to help the day go more smoothly
- _____
- _____



Christmas Decoration Checklist

- Christmas tree
- Tree skirt (*linen canvas drop cloths from the hardware store are beautiful and inexpensive*)
- Christmas lights both inside and outside the home where appropriate
- Garland for the mantels, staircases, or flat surfaces in highly trafficked areas of the home
- Stockings
- Diffuse aromatic essential oils
- _____
- _____



Christmas Gift Checklist

- Make a list of all gift recipients

- Establish individual and/or overall budget for gift purchases

- Have your children write (or tell you) wish list

- Determine whether you'll shop online or in person and, if shopping in person, choose a weekend to shop and pencil it in

- Buy gift bags, gift labels, tissue paper, and wrapping paper

- Begin online shopping as soon as you are able to avoid the rush and expedite fees

- Get children involved in the gift buying and wrapping

- _____

- _____



Christmas Meal Prep Checklist

- Finalize who is hosting
- Finalize what family members are cooking what
- Begin baking things you can freeze and pull out easily later (*bread, un-iced cookies, bars, etc.*)
- Buy non-perishable items in advance to have on hand
- Print, photocopy, or write down recipes you're responsible for to keep in one place
- Make plan of when to cook what dish and be sure you have suitable serving dishes (especially if you are cooking at your home and taking it elsewhere)
- _____
- _____



New Years Checklist

- Finalize New Year's Eve plans (*e.g. location, sitter if necessary, dress code, etc.*)
- Buy streamers, confetti, and banners for living area
- Buy balloons (*get inexpensive balloon pump to save your breath and let the kids help!*)
- If hosting or staying at home, plan your food menu. Buy any non-perishables in advance
- Decide on fun party games and gather necessary supplies or materials
- Create a fun kid-friendly dance playlist to give the energy an outlet
- Have poppers, sparklers, horns, or some type of prop to use when midnight arrives
- _____
- _____



Bedroom Decluttering Checklist

- Bring in trash bag to room and throw away anything damaged, old, or unwanted
- Pull all clothes out of closets and drawers and sort by Keep, Maybe, and Discard (*afterwards, go through the maybe with ruthless eyes*)
- Utilize under the bed storage. Get under the bed storage to put things you want to keep but don't need regularly
- Go through socks, underwear, and accessories drawers and get rid of things that are worn out, unclear, stretched out, or without a pair
- Sort clothes by season and put the current season's clothes in a prominent place in the closet, storing others if able
- Go through shoes and keep only those you have worn in the previous year or that are specialty and expensive
- Sort handbags, hats, gloves, jackets, and jewelry and keep those you frequently use, discarding those you don't
- _____
- _____



Kitchen Decluttering Checklist

- Go through cups and mugs and get rid of chipped, extras, or unwanted glasses
- Get rid of outdated medicine, vitamins, or supplements and dispose them safely
- Tackle the pantry and get rid of stale items or things you won't use (*give food that's still good away*)
- Take stock of oven mitts and tea towels, discard the old and heavily stained and buy new replacements to freshen it up
- Clean small appliances and give away or throw away those that you haven't used in a while
- Pull out everything from each cabinet (*cutting boards, steamers, strainers, etc.*) and get rid of the old or unused
- Clean out fridge of all old and unused condiments then wipe surfaces clean
- _____
- _____



Bathroom Decluttering Checklist

- Do a towel inventory and discard old, worn out, and holey towels then replace with new ones
- Go through cosmetics and products in vanity drawers with a ruthless eye and discard all products that aren't used or wanted
- Go through cabinets and bathroom storage and throw out as much as you can then put the rest in appropriate containers
- If linen is located in the bathroom, go through the linen discarding all worn out and holey sheets and pillowcases
- Check hair products and accessories. Clean brushes and combs and be sure you have all you need, tossing what you don't
- Put a hamper in the bathroom to help corral dirty towels and clothes, this will keep clutter at bay
- _____
- _____



Living Room Decluttering Checklist

- Notice where things pile up in the living room and put baskets there to corral toys, etc.
- Go through all books and magazines, sorting those you want to keep and donating and giving away those you don't
- Sort all DVDs, finding appropriate storage for those you will keep
- Get rid of old or outdated throw pillows and blankets
- Evaluate decor. If you don't like it, store or get rid of it and bring in other items you already own
- Spot clean sofas and chairs or put covers in the wash where possible



Miscellaneous Decluttering Checklist

- Tackle junk drawers in all common areas, throwing away random unused things and grouping together like things
- Take a trash can and go through every single room of the house, throwing out old things or items (*less than \$5*) that you haven't used in at least a year
- Get rid of (*or donate*) all old appliances, electronics, and cords
- Take down everything hanging on the fridge except what you use for notifications, file (*or throw away*) all else
- Go through craft supplies or kid activities and get rid of all outdated, old, unused, or complicated things that take up valuable space
- Take inventory of board games, puzzles, or entertainment products and donate or throw away those you no longer use
- _____
- _____



Morning Routine

- Get drink of choice and breakfast.
- Spend time in devotion or prayer.
- Make bed.
- Get dressed.
- Plan out the day (or refer to the day's plan).
- Prioritize the to do list. Remove things that are not essential.
- _____
- _____



Evening Routine

- Review to do list for tomorrow.
- Do a "brain dump to clear your head.
- Pick out tomorrow's outfit.
- Prepare for tomorrow morning. I.e. set out breakfast, bowls, lunch boxes, etc.
- Do an evening sweep, tidying up all common areas and kitchen.
- Turn off screen at least 30 minutes prior to bedtime.
- Read book or do other relaxing activity
- _____
- _____



Afternoon Routine

- Clean up kitchen after lunch.

- Tidy up common areas and bedrooms where little ones will nap.

- Set out anything to thaw for dinner and prep veggies, sides, if possible.

- Sit down for a nice drink and short rest.

- Rest time (or nap time) for those at home. Calm time for mom.

- Substantial snack in mid-afternoon.

- Cross short easy tasks off the to do list (to keep pushing you through the lull).

- _____

- _____



Sunday Evening Checklist

- Write weekly appointments, tasks, and goals into planner or calendar.
- Do an evening sweep of the home putting the week's clutter in its rightful place.
- Create a meal plan (rough or specific) for the weeks' meals you'll eat at home.
- Write a grocery list for the week ahead.
- Make sure clothes needed for the week ahead are washed and put away. If not, start a load.
- Write a realistic to do list for the week ahead and assign top tasks to specific days.
- _____
- _____



Easy Workout Routine

10 push ups

20 sit ups

25 squats

50 jumping jacks

20 lunges

1 minute wall sit

1 minute plank







International Travel Checklist

- Make sure passport is up to date and - if you don't have a passport - get one!
- Consult your insurance and, if necessary, buy travel insurance for your destination country
- Research visa requirements and apply well in time
- Book accommodation in advance and print all accommodation information
- Notify your credit card companies of your intention to travel
- Call your cell phone provider and learn about data options *(it's not as expensive as you think)*
- Buy appropriate voltage converters or adapters
- _____
- _____



Road Trip Checklist

- Get your oil and filter changed and tires rotated
- Make sure you have any AAA or roadside assistance numbers available
- Bring a trash bag to your vehicle and throw away as much as you can
- Prepare a cooler with drinks and snacks
- Print out directions in addition to your GPS in case you lose service, signal, or it dies (*you may even want, gasp, a map!*)
- Download interesting audiobooks and bring books to read for kids 3 and up
- Bring pillow and blankets for longer trips







Packing Checklist

- Make a comprehensive list of all things you'll need to pack for trip including clothes, accessories, and misc.
- Purchase any items you don't currently own (*like ponchos, dry bags, hiking shoes, etc.*)
- Pack at least one outfit per day (*clothes, underwear, pajamas*) and extras for children. You can pack small children's clothes in a Ziploc
- Pack a foldable laundry bag so you can keep clothes sorted while away, then not mix dirty and clean laundry on the ride home
- Include all necessary electronics, charging pods, cords, and even a backup phone charger for long days out
- Don't forget medicine, supplements, or necessary pills. Research ways to store these medicines and also airline rules
- Include a mini first aid kit in your day bag in case of minor cuts or scrapes







Weeks Before Travel Checklist

Confirm any house sitters, pet sitters, or those who will pick up mail, water plants, etc.

Book hair and other beauty appointments for the whole family

Confirm all bookings, print all confirmations and receipts

Create a travel itinerary (*however loose or strict you prefer*) and print it out

Create a packing list and keep it handy so you can add to it for a few weeks

Get a gas and oil change if going on a road trip or buy airplane sanity savers if flying

Pause any regular delivery services (*newspaper, automatic food delivery, etc.*)
