

# the **LAYERS** of a **CLEAN HOUSE**



## *Layer 1:* **DAILY STUFF**

This is your Everyday Life Stuff—dishes in the living room, clothes on the floor, the empty bag of dog treats sitting on a shelf—that disappears with a five-minute pickup!

**WORST PART ABOUT LAYER ONE?** It's called "daily" for a reason. That's right, it has to be done every day.

**BEST PART ABOUT LAYER ONE?** When it's actually done daily, it's never overwhelming.

**TIP:** Keeping up with the daily stuff makes cleaning much easier and much more likely to happen.



## *Layer 2:* **CLUTTER**

This is stuff that shouldn't even be in the house: outgrown things, extra things, and that broken rocket ship lamp that's been sitting in your living room for 5 months.

This is the layer that causes anxiety for most people. It requires effort, decision making and moving past emotional barriers. Which usually means people put it off as long as they can.

**WORST THING ABOUT LAYER TWO?** Decluttering isn't fun. It can feel overwhelming, even impossible. But once you've taken care of Layer One, this layer won't feel so daunting!

**BEST THING ABOUT LAYER TWO?** It's the only layer that lasts! Once something leaves the house, it's gone and you never have to move it again. This layer may be a lot of work, but at least you only have to do it once!

**TIP:** If you look at something in your home and it causes you anxiety, get rid of it. Sell it, donate it, or throw it away!



## *Layer 3:* **CLEANING**

Now that those layers are out of the way, you can actually clean! Grab your duster, your mop, and your vacuum because it's time to get a little dirty!

**WORST THING ABOUT LAYER THREE?** Dust falls, toilets get used, and toothpaste splatters on the bathroom mirror. It never ends.

**BEST THING ABOUT LAYER THREE?** When it's only one layer (because layers one and two are gone), getting started is easy and the process takes much less time! You'll be surprised by how simple and manageable this layer is once it's the only layer you have to worry about!

**TIP:** Make a weekly chore list. Breaking up the cleaning into manageable chunks may lessen the stress!

For a complete game plan to tackle your clutter, no matter how overwhelming, pick up a copy of *Decluttering At The Speed Of Life* by Dana K. White!

You'll be laughing while you tackle clutter head-on.

Learn more at [ASlobComesClean.com/book](https://ASlobComesClean.com/book)

