

List & Journal

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Challenge Zero



My List

By Anita E Kohli

List your household chores (cooking, cleaning or shopping) ordered from most challenging to most relaxing. Sub-divide them if possible.

This was my list at the start

Washing Dishes. Chopping. Cooking. Shopping. Putting away shopping. Window washing - heavy due to pigeon-feeding above us. Fans, Ceilings and Lofts. Dusting. Folding Clothes. Ironing. Washing Clothes. Tidying & Organizing. Bathrooms. Mopping with a stick-mop or *pocha* the old way - I do this when I need to relax 😊

Create lists, note down goals and achievements and *journal your way through this challenge*. It really helps!

GOALS

ORGANISING

Listing chores will help you organize your thoughts.

PLAN & SCHEDULE

Scheduling a day before prevents over-committing.

BREAKS

Schedule breaks and rest too.

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