

Monday

DAY 1

TASKS TO DO

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MEALS

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CLEAN

☐ The kitchen

DECLUTTER

☐ The kitchen bench

ORGANISE

☐ Under the kitchen sink

5 MINUTE TASK

☐ Tidy one bookshelf

NEW DAILY HABIT

☐ Clean your benches and clean the dishes before relaxing for the evening

Change starts by taking the first step

If it appears too hard picture the end result.

Take one step each day. In the end your vision will be reality.