

Spring Cleaning Checklist

Get ready for spring and summer by getting your space clean and tidy.

Declutter

- Throw out old bills, receipts and other paperwork*
- Donate old winter clothes you no longer want
- Wash or dry clean & store sweaters & winter wear
 - Create freshness sachets with dōTERRA Purify blend to put in your storage areas, one for each drawer, bin, or closet
- Put away winter decorations & equipment

Dust

- Windows, doors, walls, and trim
- Heaters and/or radiators
- Shelves and cabinets (get behind things too!)
- Plants (gently wipe with a wet cloth)

Deep Clean

- Vacuum all carpets and rugs (try baking soda mixed with favorite dōTERRA oil, like citrus or lavender)
- Vacuum in corners, under furniture
- Wash or steam clean couches, cushions, &/or pillows
- Wash duvets and pillows (add dōTERRA On Guard)
- Change air filters in purifiers or air conditioners

(You're doing great! Keep going!)

Set Yourself Up for Success

- Set a schedule to vacuum at least once a week
- Mark your calendar to change air filters in 3 months
- Start planning your summer cleaning!
- Start each day with your favorite scents by setting up a diffuser the night before. Scents to try:
 - dōTERRA Purify
 - dōTERRA Citrus Bliss
 - Single oils like rosemary, lemon, or peppermint
- Keep a log book or bullet journal of cleaning to encourage yourself and stay on track
- Take off your shoes as soon as you get home to avoid tracking dirt into the house
- Add new air-cleaning plants like:
 - Boston Fern
 - Peace lily
 - Spider plant

And finally...

Support yourself each and every day by celebrating your successes and nurturing healthy self-care habits.