

The Intentional Woman's Cleaning Guide

A tidy home doesn't ask for perfection, just intention. This checklist is organized to be practical, not overwhelming. May it help you build a home that feels nurturing, calm, and covered in peace and order.

DAILY (10–20 minutes)

- ☐ Make the bed
- ☐ Wipe kitchen counters + stove surface + dining table
- ☐ Load/unload dishwasher
- ☐ Bathroom wipe (sink + counter + light mirror spots)
- ☐ Tidy living room (pick up items, fold blankets)
- ☐ Take out trash if it's full
- ☐ Put laundry in hamper / start small load if needed

WEEKLY (60–90 minutes)

Kitchen

- ☐ Clean microwave (inside + outside)
- ☐ Clean sink + faucet
- ☐ Wipe fridge doors/handles
- ☐ Wipe small appliances (toaster, kettle, blender)
- ☐ Spot-clean cabinet fronts

Bathroom

- ☐ Scrub toilet (inside + outside)
- ☐ Scrub shower/tub walls
- ☐ Clean mirrors
- ☐ Clean bathroom floors
- ☐ Replace towels
- ☐ Wash bathroom rugs

Home

- ☐ Dust surfaces (tables, décor, shelves)
- ☐ Vacuum/sweep floors
- ☐ Mop high-traffic areas
- ☐ Dust lamps + side tables
- ☐ Clean interior mirrors/glass
- ☐ Wipe door handles + light switches
- ☐ Vacuum couch (surface + crumbs)
- ☐ Wipe pet areas (if applicable)

BIWEEKLY

- ☐ Wash bedding (sheets + duvet cover if used)
- ☐ Wash pillowcases (can do weekly if needed)

MONTHLY

Kitchen

- ☐ Clean inside of fridge + toss expired items
- ☐ Clean oven
- ☐ Deep clean microwave

Bathroom

- ☐ Wash shower curtain liner
- ☐ Remove hair from shower drain

Home

- ☐ Wipe down trash cans (inside + outside)
- ☐ Dust ceiling fans + baseboards + light fixtures
- ☐ Vacuum under couch cushions
- ☐ Wipe down pantry shelves before restocking

SEASONALLY (Every 3–4 Months)

Kitchen

- ☐ Deep clean pantry + reorganize
- ☐ Clean freezer

Bathroom

- ☐ Replace shower curtain if applicable
- ☐ Declutter + reorganize drawers

Home

- ☐ Declutter closets + drawers
- ☐ Wash pillows (or refresh in dryer)
- ☐ Wash large throw blankets
- ☐ Wash decorative pillow covers
- ☐ Clean curtains (wash or refresh)
- ☐ Deep clean vents + replace air filters
- ☐ Deep clean windows + window tracks
- ☐ Wipe tops of tall cabinets/fridge
- ☐ Deep clean grout (bathroom + kitchen)