



# One Job A Day, Not Every Job Every Day

A house does not need to be cleaned all at once. Give each day one focus and one deep task, and the week carries the load instead of Sunday night. Write your own in the blank column.

| EVERY DAY, NO MATTER WHAT     |                      | Beds made · Kitchen closed at night · Floors clear · Shades open in the morning, closed at sundown · One load of laundry finishes its whole loop |       |
|-------------------------------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| DAY                           | FOCUS                | THE DEEP TASK                                                                                                                                    | YOURS |
| <b>Sunday</b><br>Domingo      | Reset and restock    | Whole house pick up, shopping list built                                                                                                         |       |
| <b>Monday</b><br>Lunes        | Laundry and linens   | Beds stripped and remade, wash starts                                                                                                            |       |
| <b>Tuesday</b><br>Martes      | Kitchen deep         | Fridge cleared, pantry faced, counts taken                                                                                                       |       |
| <b>Wednesday</b><br>Miercoles | Bathrooms and floors | Every bathroom, every floor, top to bottom                                                                                                       |       |
| <b>Thursday</b><br>Jueves     | Shabbos cooking      | Cook ahead, warming set up, table planned                                                                                                        |       |
| <b>Friday</b><br>Viernes      | Erev Shabbos         | Table set, lights checked, house closed early                                                                                                    |       |
| <b>Shabbos</b><br>Shabat      | Rest                 | Nothing scheduled. That is the point.                                                                                                            |       |

Laundry days are the one thing worth fixing first. A house with set laundry days has no baskets on the floor, and a house with no set days always does. Pick two, write them in, and hold them for a month.

|                     |  |  |                                       |  |
|---------------------|--|--|---------------------------------------|--|
| MY TWO LAUNDRY DAYS |  |  | THE ONE THING I WILL HOLD FOR A MONTH |  |
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