

FlyLady Commandments

1. Do your morning routine every morning right when you get up. Do your bedtime routine every night.
2. Don't allow yourself to be sidetracked by the computer/cell phone
3. Don't do 2 projects at once.
4. Work as fast as you can so you have time for the fun stuff.
5. Establish a plan for the next day the night before.

Morning Routine:

- Pray/scripture
- Exercise/weight
- Shower
- Pick up clothes
- Breakfast
- Clean up dishes
- Check menu
- Pick up Hot spots
- Calendar/make calls/email

Bedtime Routine:

- Clean up dishes
- Pick up Hot spots
- Check calendar
- Schedule tweets
- Start "to-do" list for tomorrow
- Brush teeth
- Pick out clothes
- *make lunches for tomorrow*

Zone 1: Living Room

- pick up
- dust wall hangings/knick knacks
- wash windows/mirrors
- dust couch/piano
- organize hall closet/shoes
- vacuum

Zone 2: Kitchen

- empty fridge and clean thoroughly
- clean microwave inside and out
- clean stove/oven
- wash knick knacks/dust wall hangings
- straighten drawers/cupboards
- wash inside windows

- scrub down cabinet and drawer fronts
- clean under sink
- clean garbage can
- clean and organize freezer
- clean counter

Zone 3: Office/Bedroom

Office:

- throw away pens that don't work
- dust wall hangings/desks
- clean off computer monitors/printers
- clean windows
- vacuum
- straighten/clean out magazines

Bedroom:

- wash sheets
- clean cobwebs
- clean windows/mirrors
- clean under bed
- clean out closet/organize drawers
- sort clothes
- dust baseboards and bedframe
- vacuum

Zone 4: Bathrooms

- clean out trash can
- clean shower curtain
- scrub tub from top to bottom
- clean cabinets
- clean out/organize under the sink
- clean out/organize hall closet
- clean toilets
- clean sinks

Zone 5: Basement

- organize garage sale pile/trash
- dust/organize/sell desk
- vacuum/clean futon
- wash table
- vacuum
- reorganize unfinished side
- ping pong table?
- clean top of washer & dryer

Outside – clean windows, wash outside walls