



Clean like the Experts

1) **Treat yourself like a professional.**

If you paid someone to clean your house you would make a list of duties. You would straighten up before they came. You would pay them.

So give yourself the same treatment.

A. Make a list.

B. Straighten up all week long. Have your family help you.

C. Give yourself a reward when you are done.

2) Work when you are most fresh. Many people feel the most energetic in the morning. Others get a second-wind in the evening. *The Body Clock Guide to Better Health*, states that hand-eye coordination is at its peak at 4 p.m. Decide which time works best for you.

You may want to begin in the kitchen where you are the most attentive to detail. I focus most of my energies on the main floor and work up from there.

3) “Stay alert for dirt.” That is the advise of Graham Haley. He recommends maintaining things properly to increase the life expectancy of everything from carpet to clothing. Don Aslett says 80% of all dirt comes in through the door. Buy doormats for every door and stop the dirt from coming in.

4) **Clean from top to bottom.**

This keeps the dust falling to the floor instead of on what you just cleaned. Save vacuuming for last.

5) **Clean in one direction.**

Start in the far corner and work your way around the room. This way you won't miss an area. It will also keep you from tracking over the area you just cleaned. The old adage, “don't paint yourself into the corner” works well here.

6) Dry work before wet work. Dust before you disinfect. Sweep before you mop.

7) Save the dirtiest surfaces for last. Clean the sink and tub before the toilet. Wipe the faucets and surfaces with a towel to avoid water spots. (Always wash

the sponge and drying towel after cleaning the toilet.)

8) Have the right [tools](#).

There are so many great products on the market right now. Invest in these. It will make you more efficient and productive.

9) Select good [products](#) and let them do the work for you.

10) Store all of your cleaning supplies together.

If you keep them in a bucket or tote it will be easy to carry from room to room. Plus you will always know where everything is. The next trick is to make sure everyone in the house knows where the supplies are. That way no one has an excuse for not cleaning up!

11) Do a little everyday. Don Aslett describes a phenomenon he calls *warrior cleaning*. This is when you save all your cleaning for a 3-5 hour siege on the weekend. If you stop that practice you will *reclaim your weekends!*

I clean the bathroom every morning. Wiping down the shower walls each morning saves me from scrubbing the grout on cleaning day. Likewise, straightening up 5-10 minutes each day speeds cleaning time and makes your home feel orderly.

12) If it's not dirty, don't clean it. This seems obvious to most of us, but if you've ever watched *Wife Swap*, you know that there are people who spend five hours a day cleaning! I want my home to be clean, but I don't want to be a slave to it.

Don Aslett is an author and cleaning expert. Check out his website: cleanreport.com
[Haley's Cleaning Hints](#) is another good resource.