



DOers Advent Calendar 2023

1 Change and wash bed linens for guest bedroom	2 Take a 15-30min walk	3 Change and wash towels for guest and you	4 Declutter and tidy up guest room	5 Wipe down mirrors and windows
6 Declutter kitchen/dining room table	7 Wipe down counters	8 Do a DOers Reset	9 Wash dishes and pots/pans	10 Check lighting and replace burnt-out lightbulbs
11 Dust surfaces, shelves and decorative items	12 Vacuum living room floor	13 Vacuum couch or chairs	14 Color a Mandala	15 Wash floors
16 Clean bathroom sinks	17 Clean toilets	18 Change hand towels in bathrooms	19 Clean counters in bathroom	20 Read a book for 30 minutes
21 Remove expired food from refrigerator	22 Take out the garbage	23 Have drinks and snack available	24 Take a shower	25 Listen to an episode of Post Trauma Secrets & Decluttering Podcast

Happy Holidays

