



DOERS Spring Cleaning

1

Remove ceiling cobwebs, one room at a time

2

Dust and clean your light fixtures

3

Clean and disinfect doorknobs

4

Dust and clean your ceiling fans

5

Take a break and do something fun

6

Move the sofa and clean behind and under it

7

Schedule a time to get your air vents cleaned

8

Clean under your bed

9

Move the dresser and clean behind and under it

10

Do the DOERS RESET

11

Clean the baseboards

12

Clean inside the oven

13

Move the stove and clean underneath it

14

Move the refrigerator and clean underneath it

15

Go for a 20 min walk

16

Wash your windows

I LIVE IN A CLEAN
&
TIDY HOME!

