



A Life Less
Complicated



THE LOLLY STICK SYSTEM

Welcome to the lolly stick system! This guide is designed to help you set up this super simple system for keeping your home clean and tidy (ish!)

x

YOU WILL NEED:



Paper (or notes in your phone)



Lolly sticks (natural and coloured)



Pen that will write on wood



Pots to store the lolly sticks in (1 per person + 1 'to do' pot)

Short of time? Copy my system on the next 2 pages to get you started, then adapt from there

ROOMS

List out every room in your house to make sure you don't forget anywhere

Kitchen
Living room
Dining room
Utility room
Entrance
Toilet
Stairs
Landing
Bathrooms
Bedrooms
Office



CORE TASKS

How often do you want to do these in each room? Note it down! Can you group any for efficiency?

Hoovering
Mopping
Decluttering
Dusting

TIP: downstairs usually needs doing more frequently than upstairs if you live in a house

ROOM-SPECIFIC TASKS

Now add in any extra tasks you need to carry out in each room. Some suggestions below:

KITCHEN

- Wipe all surfaces
- Clean hob & splashback
- Scrub sink
- Clean fridge
- Clean microwave
- Wipe cupboard fronts
- Descale kettle
- Dishwasher deep clean
- Oven clean
- Bin clean

UTILITY

- Washing machine deep clean
- Tumble dryer deep clean
- Wipe cupboard fronts

LIVING ROOM

- Wash throws & cushion covers

BEDROOMS

- Wash bedding

OTHER

- Clean dog bowls
- Declutter car(s)
- Hoover car(s)
- Wash car(s)
- Toy cull
- Toy rotation
- Kids' clothes sort out

BATHROOMS

- Remove limescale
- Scrub sink
- Clean bath & shower
- Scrub toilet

OUTSIDE

- Sweep outside areas
- Pull up weeds
- Mow lawn



LESLEY'S LOLLY STICKS

Not sure where to start? Here are my lolly sticks - feel free to try my system out and see if it works for you! The weekly/2-weekly tasks are below, and the monthly ones are on the next page.

WEEK 1

WEEK 2

SAME TASKS EVERY WEEK

Kitchen surface clean

Kitchen surface clean

Sink & hob scrub

Sink & hob scrub

Hoover downstairs

Hoover downstairs

Mop downstairs

Mop downstairs

Entrance & stairs declutter & dust

Entrance & stairs declutter & dust

Water plants

Water plants

ONCE EVERY 2 WEEK TASKS

Utility declutter

Bathroom sinks

Kitchen declutter & dust

Living room declutter & dust

Bedroom 2 declutter & dust

Main bedroom declutter & dust

Bathrooms x 2 declutter & dust

Hoover stairs & upstairs

MONTHLY

Descal kettle

Clean microwave

Oven clean (in and out)

Quick window clean (finger/
paw marks)

Living room skirting board wipe

Wash sofa cover & dog stuff

Wash dog bowls

Wipe dirty cupboard fronts

Hoover under furniture (downstairs)

Wash bedding

Clean mirrors

Tackle limescale

Bath & shower clean

Dishwasher deep clean

Washing machine deep clean

Tumble dryer deep clean

Wipe utility down (worktops,
cupboards, walls)

Kitchen & utility skirting wipe

Entrance & stairs skirting wipe

Dust bannister

Clean Hoover (roller & filters)

Toy sort & rotation

Hoover car

Refill car supplies

Sweep patio

Toilet clean x 3

NOW WHAT?

Once you've planned your lolly sticks, get writing!

Get your household on board.

Get started! Whenever you've got time, grab a lolly stick, do what it says and pop it in your pot.



Update your lolly sticks once you've seen what works and what doesn't.

KEEP ME POSTED!

I'd love to know if you give this a go and how you got on! You can reach me on Instagram @alifelesscomplicated_ or by email: hello@alifelesscomplicated.com



www.alifelesscomplicated.com