



Guide To Maintaining Your Home Without Extra Stress



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Abstract

Maintaining your home doesn't have to be stressful or overwhelming. This guide provides simple, practical tips to help you keep your home clean, organized, and well-maintained without adding extra burden to your daily life. From creating easy-to-follow maintenance schedules to adopting small daily habits that prevent clutter and damage, this guide helps you stay on top of home care efficiently. It also covers how to spot minor issues early, choose the right tools, and make smart decisions like when to hire a professional cleaning service to reduce effort while ensuring your home stays in great condition. Whether you're a busy professional, a parent, or a first-time homeowner, this guide helps simplify home maintenance and brings peace of mind.

Getting Started

Keeping your home clean, organized, and well-maintained doesn't have to be complicated or time-consuming. The key is developing simple habits and having a plan that fits your lifestyle. Start by setting realistic goals and break down tasks into small, manageable steps instead of trying to do everything at once. Create a basic maintenance schedule that includes daily, weekly, and monthly tasks, so nothing gets overlooked. Identify areas that need extra attention, such as plumbing checks or seasonal repairs. Also, know when it makes sense to hire professionals, like for deep cleaning or specialized maintenance jobs. This guide will help you take control of home maintenance, reduce stress, and keep your space comfortable and in great shape year-round.

1. What are simple daily habits to keep my home organized and clean?

Keeping your home tidy can be a challenge, but it doesn't have to be. The secret to a neat home is to develop habits that prevent it from becoming a mess in the first place. Whether it's keeping your bedroom or bathroom clean and decluttered or having a Pinterest-worthy pantry, here are some habits that will prevent clutter all year round. Even if you can't commit to all of these, try at least one or two. You'll be surprised how much tidier your home will become.

Declutter as You Go

Is the thought of a major decluttering project every season too intense? Instead of dreading doing a big whole-house declutter every season—simply declutter regularly. You can schedule according to what makes sense for you. Do your garage on the first rainy day of every month. Spend fifteen minutes going through your pantry every third Saturday. When your bathroom cabinets start to look a little messy, spend ten minutes getting rid of old and expired products. Or simply commit to decluttering as shelves and drawers start to fill up.

Spend 10 Minutes Tidying Every Day



Life can get busy, but we all have ten minutes a day to tackle messes. Set a timer on your phone and pick an area that needs the most attention. No matter what space you choose, things can stay neat if you devote just a little bit of time every day.

Edit Your Closet Seasonally

Commit to editing your closet quarterly. Try to get rid of things that no longer fit, are worn out, or you simply will never wear again (like those trendy jeans you bought 10 years ago). This can also save you money, because by taking inventory, you won't end up buying yet another white button-down shirt.

Gather Items You Reach for Often

"Lounging on the couch? Gather your craft project, nail file, charger, and fave snack. Tidy them up in a cute basket for quick grabs and zero chaos," says Amy Cha, professional organizer and founder of Everyday Organized. When the must-haves you reach for every single day are all in one spot, they will never go missing and you'll save time on searching.

Manage Your Mail

Do you have piles of mail everywhere? Hate looking at those stacks of paper? Cha recommends setting time aside to open mail only when you're truly ready to go through each item. "Sort and open just a couple days weekly. No more home-hogging piles or missed to-dos."

Get a Handle on Those Reusable Bags

Do you have so many reusable bags you could open up a store? Start by limiting your stash to ten. “Carry reusable bags in your wheels to curb the bag barrage inside your home. Five’s the charm per car,” Cha says.

Limit Seasonal Decor

Do you have boxes of Christmas, Halloween, and Easter decor? This can make your closet or garage a mess. Cha suggests capping your decor to one bin per season (exceptions for your favorite festivity). “Sort by season, not holiday. Transition from Halloween to Thanksgiving with ease by keeping the current season’s bin open and accessible while stowing the rest in deep storage.”

Refuse Things You Don’t Want

We all get things we don’t want sometimes. Whether it’s from that friend who brings over a stack of books, free reusable bags, gifts with purchase, and other things we never asked for—if you don’t want it in your house, don’t take it in the first place.

2. How can I create a maintenance schedule that’s easy to follow?

Cleaning your home doesn’t have to be a daunting, time-consuming chore. Follow these step-by-step instructions for creating a customized house cleaning schedule. Managing household duties quickly and efficiently with an easy-to-follow routine that includes all the most critical tasks is the best way to stay ahead of dirt and messes.

Whole-Home Cleaning Schedule

What is the simplest way to keep your home reliably clean? Stick to a cleaning schedule. It’s not as daunting as it sounds. On the contrary, it’s quite the opposite when set up correctly. “A whole-home cleaning schedule makes you feel less stressed because you know that neat and tidy isn’t ever too far out of reach,” says Aby Garvey, organizing and productivity expert at Simplify 101. “If you notice dusty bookcases on Tuesday, for example, and you know that Wednesday is your cleaning day, it’s a lot less unsettling than if you have no idea when you’ll get around to cleaning again.”

The trick lies in creating a realistic cleaning schedule that works for you and your home. Depending on the time you have available, that could mean a daily, weekly, or monthly cleaning schedule. Read on for simple step-by-step tips to set you up for stress-free cleaning success.

Step 1: Get Ready



First, you'll need to set up a cleaning routine that notes precisely what must happen to have a nice, clean home. Grab a writing instrument and a clipboard. Walk through your space, room by room, taking a realistic inventory of the areas and tasks that will make up your deep-cleaning house schedule.

Step 2: Choose Your Rooms

List all the rooms and areas in your home that need regular cleaning, including hallways, stairways, and entryways. Leave spaces you don't often use, such as the storage or guest room, off your regular cleaning schedule. Work them into your home cleaning schedule seasonally or as needed.

Step 3: Identify Cleaning Tasks

Visit each room on your cleaning schedule one by one and look around. List all the cleaning tasks you need to perform regularly. Order items from top to bottom (ceiling to floors) in the same order you'll use to clean.

Step 4: Build on This List

As you start to finalize your list, build on this basic cleaning checklist:

All Rooms

- Dust light fixtures and ceiling fans
- Clean door handles and dust doorframes

- Dust blinds, windowsills, picture frames, and furniture
- Dust knickknacks, books, etc.
- Shake out throw rugs
- Sweep, vacuum, or mop floors

Kitchen

- Clean and sanitize counters and sink
- Clean stove, oven, and range hood
- Clean microwave inside and out
- Wipe down cabinet fronts and appliances

Bathrooms

- Clean mirrors
- Clean and sanitize counters and sink
- Wipe down cabinet fronts
- Clean and sanitize toilet
- Clean and sanitize shower, shower door, and tub

Clean with What You Have

Having the cleaning supplies and tools you need on hand will help your house cleaning schedule go faster. And you may have some of the necessities already in your house. Watch and see how to clean with items you own!

Step 5: Select Frequency

Decide how often you want to clean each room. Most spaces probably need weekly or biweekly cleaning, but consider your lifestyle when determining the frequency of your whole-home cleaning schedule. For example, if your family is away from home most weekdays, you might not need to clean as often as someone who stays home with small children. You might also find that public spaces, such as the kitchen and guest bathroom, need cleaning more often than private spaces, such as bedrooms.

Step 6: Identify Your Cleaning Style

Now that you've identified both cleaning tasks and frequency, it's time to decide how to clean your home. Try one of the following three options:

- One (or Two) and Done: Clean everything in one day. Alternatively, if one very long block of cleaning feels like too much, split your list in half and tackle it over two days.
- Timed Sessions: Decide which days you'll clean and for how long, such as 30 minutes. Set a timer, and start at the top of your list. Clean until the timer dings. On your next scheduled cleaning day, pick up where you left off. Repeat.
- A Room (or Two) a Day: Decide how many days you'll clean. Then, assign specific areas to specific days. For example, Monday: clean the kitchen, entry, and laundry room.

Tuesday: clean the living room and dining room. Wednesday: clean the bathrooms.
Thursday: clean the hallway and bedrooms.

Step 7: Practice Your Cleaning Schedule

Schedule and start your first month's cleaning. Consider the monthly cleaning schedule a trial run. To avoid overwhelming yourself, limit time spent in each room and plan to pick up where you left off next time. Like anything, it takes practice before a new home cleaning schedule will function smoothly.

Step 8: Stay On Track

Especially during your practice month, use Garvey's expert cleaning schedule tips to help set you up for success:

- Print out your task list. Put it in a plastic sheet protector and stick it in your cleaning bucket so you always know exactly which tasks to tackle.
- Schedule cleaning appointments. Mark them on your calendar until they become an automatic routine.
- Cut yourself slack. If you find you can't finish your cleaning tasks on a scheduled day, don't stress. Either complete an abbreviated, prioritized cleaning session or reschedule for a different day.



Step 9: Reevaluate Your Cleaning Schedule

After your practice month is over, analyze how things went. Identify what worked and what didn't. If your cleaning schedule didn't quite work out the first time, make this your mantra: "I did not fail the schedule; the schedule failed me." Replace the tactics that didn't work with new ones for the following month. Continue reevaluating monthly until you hit upon a cleaning schedule you can keep.

Step 10: Make It a Habit

Enhance your whole-home cleaning schedule with these best cleaning habits.

- Create a carrier. Load a cleaning caddy with your favorite cleaning supplies. Carry it with you from room to room to streamline the cleaning process.
- Clean between scheduled times. Extend that fresh-cleaned feeling. Stock the bathroom and kitchen with dispensers of all-purpose cleaning wipes for quick spot cleaning when necessary.
- Take care of clutter. If you aren't in the habit of putting things away daily, add "declutter" to your cleaning list. It's much easier to clean a home free of surface clutter.

3. What are the most important home maintenance tasks to do regularly?

Regular home maintenance is taking proactive and preventative measures to keep your home in good working order and not being neglectful or waiting for something to go awry. Overflowing gutters, a balky furnace, or a chimney that refuses to draw do not have to be a problem if you keep up with these parts of the house. Prevent costly service calls, keep everyone comfortable, and preserve your home value and pocketbook by following a regular home maintenance checklist.

Monthly Home Maintenance

Every month, check the safety devices, ensure the water and air systems are running smoothly, and check for the accumulation of dust or debris that can interfere with the regular operation of the home's systems.

- Change the HVAC filters, including the furnace filter.
- Press your smoke and carbon monoxide detector buttons to ensure they work. Replace batteries as needed.
- Check sink, shower, and tub drains for clogs and clear them, if necessary.
- For low-use areas such as guest or basement bathrooms, flush the toilet, clean sediment rings from the bowl, and turn on both sink taps.
- If you use a water softener system, check and replenish the salt levels, if necessary.
- Test all of the GFCI outlets to ensure they are working correctly.

- Inspect electrical cords for wear.
- Check all heating and air vents for obstructions and remove dust. Make sure that the dryer vent is appropriately venting to the outside.
- Clean the garbage disposal by grinding ice cubes and sanitizing with vinegar or lemon.

Regular Quarterly Home Maintenance

Every three months, perform these critical maintenance tasks:

- Check the gauges on your fire extinguishers to ensure they are still correctly pressurized.
- Check your water heater's temperature and pressure (T&P) valve to ensure it will expel water. Place a bucket below the relief tube to avoid flooding.
- Ensure your garage door's safety reverse function works and the electric eyes are correctly positioned.
- Remove showerheads and sink aerators and soak them in vinegar to clean out collected sediment.

Winter Home Maintenance Checklist

With cold temperatures and harsh elements pressing in, winter home maintenance focuses on damage control: taking control of damaged items and preventing further damage. Because of inclement weather, you may not have the time and leisure to take on extensive exterior repairs safely.

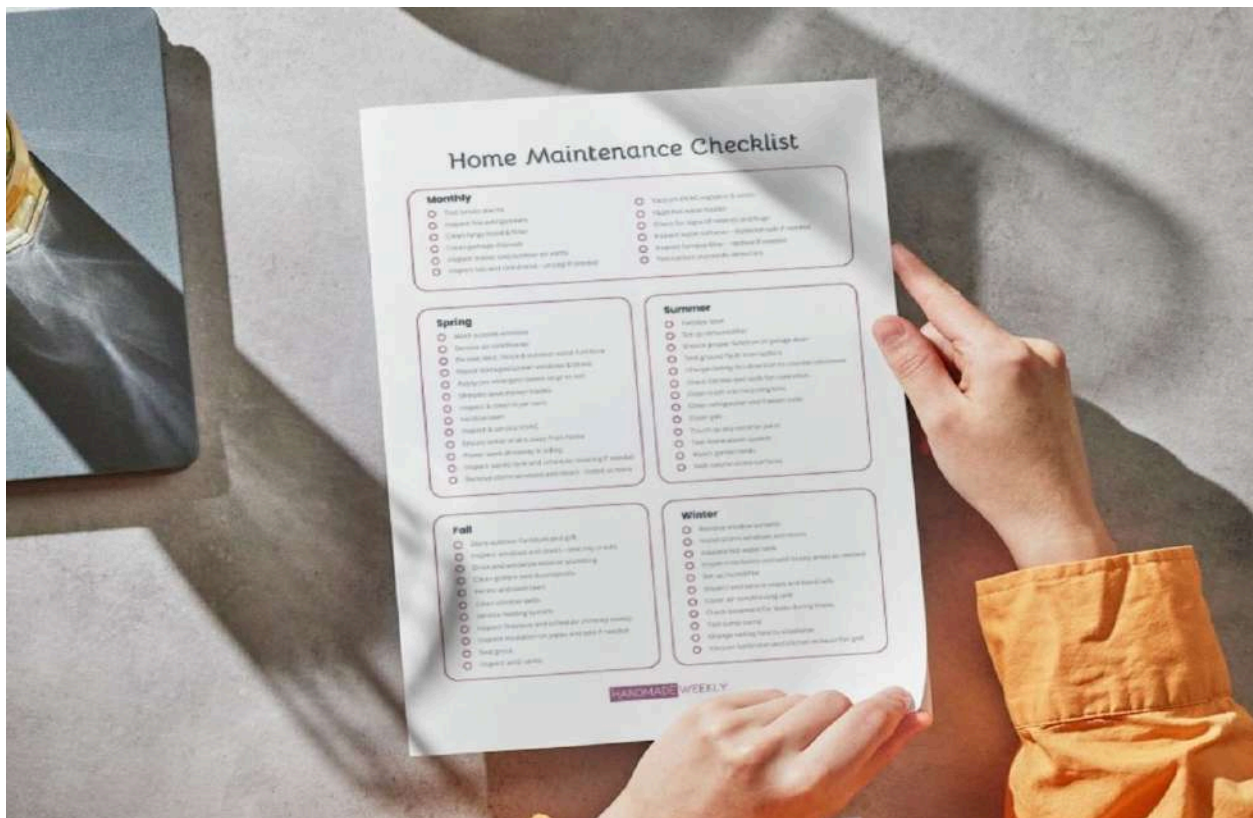
- From a safely secured ladder, check gutters and the lower roof for ice dams and eliminate them as necessary. Be careful of ice when accessing the roof. Avoid going on the roof in the morning. Wait until the ice has melted, later in the afternoon.
- Check that the covers are on the outside hose bibs (faucets) and have not iced up.
- Make sure that the yard is not pooling up with water. While you probably won't be able to create a full-scale yard drainage system in winter, you will want to ensure that none of that water is near the foundation. If so, grade the soil away from the house to prevent interior flooding.
- Use this indoor-friendly season to clean the basement, garage, and other interior spaces that get neglected during warm, sunny months.
- Keep an eye on your electrical service drop and the line that leads from your home to the power pole (only if you have above-ground electric service). If large branches have fallen or are hanging on the line, call the electric company for removal.

Spring Home Maintenance Checklist

Spring home maintenance is chiefly about cleaning up after the mess and damage of winter. The weather is still spotty, so this isn't the best time to take on long-term outside projects like painting the house—this comes later on.

- Clean the gutters and, using a water hose, ensure they drain.
- Check the exterior siding for damage and repair as needed.
- Check shingles, flashing, and vents for damage when the roof is dry and safe to walk on.
- Clean and replace window screens.
- Trim back trees that may deposit branches on your home. For branches near power lines, call your electric company for pruning.
- In late spring, install window unit air conditioners.
- Reverse ceiling fans so that the vanes rotate in a counter-clockwise direction. This will move air downward, cooling the room.
- Thoroughly clean the windows with a squeegee.
- Clean the house and donate unwanted items or sell them at a yard sale.
- Service the A/C unit in preparation for the summer.

Summer Home Maintenance Checklist



With higher temperatures and low precipitation, summer affords comfortable working conditions to make intensive repairs that were impossible in prior seasons. In many areas, midsummer is the best time to take on projects that might be ruined by poor weather.

- Make repairs to the home's siding and paint the exterior as needed.
- Clean and repair your outside deck.
- Wash and apply a sealant to wood fences with a brush, roller, or paint sprayer.
- Flush out your water heater to empty it of sediment.

- Clean debris from window wells with a broom.
- If you noted any drainage problems from previous seasons, now is the time to consider building a robust drainage system with catch basins in your yard.
- Inspect the roof for loose shingles and flashing.
- Replace windows and exterior doors as needed.
- Have an HVAC company inspect the furnace and make necessary repairs.
- Repair cracks in an asphalt driveway with crack sealer.
- Resurface the asphalt driveway by sweeping on asphalt sealer with a broom.

Fall Home Maintenance Checklist

Home maintenance during the fall season is focused on preparing the house for winter.

- Test the sump pump by pouring water down the sump pit until the pump turns on.
- Remove, clean, and store the window screens.
- If your home has storm windows, install them.
- Remove window unit air conditioners. If you have central air conditioning, winterize it.
- Contact HVAC professionals for annual maintenance on the furnace.
- Call in a chimney cleaning service or clean the chimney by yourself.
- Winterize exterior hose bibs (faucets) by protecting them with foam covers.
- Remove leaves and debris from garden ponds and water features.
- Reverse ceiling fans so that the vanes rotate in a clockwise direction. This will help distribute the warm air that collects near the ceiling.

4. Key Factors To Consider Before Hiring A Cleaning Service

A well-kept and organised indoor environment is pivotal in preventing the spread of germs, bacteria and ailments. It promotes a healthy mental and physical well-being. However, with hectic schedules, staying consistent with regular cleaning sessions becomes difficult. Leaving the dirt, grime and stains inattentive could cause indoor air pollution, leading to serious health hazards. This is where meticulous cleaning services come in.

Hiring a reliable cleaning company can save you time and energy while returning your premises to pristine condition. They come fully equipped with advanced tools and follow proven methods to tackle caked-on gunk, soap scum and grease from almost all surfaces. Highly-trained end of lease cleaning Adelaide experts can help you pass the rental inspection and ensure a hassle-free bond refund.

However, not all cleaning companies are equal. You may hire an inexperienced service provider that can ruin the entire session. So, here is the list of key factors to consider before hiring a cleaning service. Do proper research and make a well-informed decision, especially when moving out of your rental property.

1. Check the Cleaning Experience & Expertise

This is one of the most crucial factors when booking a professional cleaning service for your home or office. It is always good to choose a company or cleaners with at least 5 years of experience.

Highly trained experts usually bring years of expertise to the field and can handle even the most complicated jobs with precision. They have already developed effective and efficient techniques to tackle dirt and grime from almost all surfaces, including hard-to-reach areas.

Furthermore, these companies often have specialised expertise in specific tasks such as window cleaning, carpet cleaning, pressure washing and much more.

For instance, if you are at the end of your tenancy, make sure you hire a company that specialises in end of lease cleaning Adelaide. They follow a pre-approved checklist to help you secure full bond money.

2. Know the Company's Reputation: Read Customer Reviews



Believe it or not! A reputable cleaning company always focuses on delivering high-quality service without making false promises. They leave no stone unturned to give you the best solutions depending on your specific requirements. Thus, it becomes imperative to read online reviews on reliable platforms. Check both positive and negative comments to make the right decision.

You can even ask your family, friends and neighbours to recommend reliable companies that specialise in cleaning services. This can ensure consistent, top-quality and meticulous cleaning results.

3. Types of Cleaning Services Offered

Not all cleaning companies offer the same level and type of services. Some may offer only office cleaning services, while others have experience in bond cleaning or carpet cleaning solutions. So, it is good to ask the company about their cleaning services and choose a package accordingly. Ensure that they align with your specific requirements.

Usually, a good cleaning company offers a comprehensive range of services, such as end of lease cleaning, house cleaning, office cleaning, Oven and BBQ cleaning, and carpet cleaning services. It is good to estimate the cost of cleaning services and create a customised package accordingly to maintain a tidy and healthy abode.

4. Transparent Pricing Policy

Remember that some companies may offer you extremely cheap rates but often compromise on the quality of service. They may even include additional fees in the middle of the process. So, it is always good to choose a provider that can offer you quality cleaning services with no hidden charges. You can examine the quotes from several companies and compare them before making the right decision. Opt for the one that can offer customised services while adhering to a transparent pricing policy.

5. Consider the Insurance and Liability

Ensure you book a cleaning service that is fully insured and licensed. This will protect you from any potential liability in case of damage or accident during the cleaning session. A good company will have workers' compensation and liability insurance coverage to ensure a safe, sound, and reliable cleaning experience. You can ask the company about the insurance policy and what's covered in it for a stress-free decision.

6. Fully-Trained and Vetted Cleaners

Some people think that cleaning is easy and requires no prior training. However, removing stains from delicate surfaces or steam cleaning carpets requires intense training to prevent damage. So, consider hiring cleaners who are trained to use advanced cleaning equipment, such as heavy-duty vacuum cleaners, steam mops, floor scrubbers, etc.

Remember that cleaning windows, bathroom tiles, fabric upholstery and painted walls require knowledge of the proper and safe techniques. Choosing a proficient crew can save you time and help you achieve the desired results efficiently.

7. Flexible Cleaning Schedule



Choose a company that can give you the flexibility to schedule the service as per your specific needs and availability. Whether you need regular cleaning service, one-time end of lease cleaning Adelaide professionals or a bi-weekly service, the reliable provider can offer you a customised schedule to meet your needs.

8. Consider the Green Cleaning Practices

Many cleaning companies in Australia have been offering eco-friendly services to reduce greenhouse gas emissions and protect the environment. So, interview a cleaning company and ask whether they use biodegradable products to tackle stubborn stains, grime, grease and germs. This becomes even more imperative if you or someone in your family has allergies or asthma symptoms. Cleaning with organic products can help you breathe easily and maintain good health.

Wrapping up

These are some of the crucial factors to look for when hiring a cleaning service in Adelaide. Do proper research, ask relevant questions and compare quotes before making the final decision.

5. What tools and products make home maintenance easier and more efficient?

Maintaining a home can often feel like a daunting and time-consuming task, especially if you don't have the right tools and products to help you get the job done efficiently. The key to simplifying home maintenance is to equip yourself with smart, reliable tools and high-quality products that make tasks faster, easier, and more effective.

Whether you're tackling cleaning, minor repairs, or regular upkeep, having the right supplies can make a huge difference. Below, we'll break down the essential tools and products that every homeowner should consider to keep their home in top shape without extra stress.

1. Basic Hand Tools

A well-stocked toolbox is the foundation of efficient home maintenance. Simple hand tools can help you manage most small repairs and adjustments around the house. Some essential hand tools include:

- **Screwdrivers (both flathead and Phillips)** – For assembling furniture, fixing loose fixtures, or adjusting door hinges.
- **Adjustable wrench** – Handy for plumbing repairs or tightening bolts on appliances.
- **Pliers** – Useful for gripping, bending, or cutting wires and small hardware parts.
- **Hammer** – Essential for hanging pictures, fixing small damages, or securing loose nails.
- **Tape measure** – For measuring spaces before buying furniture or organizing storage efficiently.

Having these basic hand tools within reach means you won't have to call a professional for small fixes that you can handle yourself.

2. Power Tools for Larger Jobs

For bigger maintenance tasks, power tools can save a significant amount of time and effort. Some important power tools include:

- **Cordless drill and drill bits** – Ideal for drilling holes, mounting shelves, or assembling furniture quickly.
- **Electric screwdriver** – Speeds up the process of driving screws, especially during large assembly tasks.
- **Wet/dry vacuum cleaner** – Perfect for cleaning up spills, dust, and debris, especially in garages or workshops.

- **Sander** – Useful when refinishing wood surfaces like doors, cabinets, or floors.

Investing in good-quality power tools not only makes your work easier but ensures long-term durability and efficiency.

3. Cleaning Tools That Simplify Daily Upkeep



Daily or weekly cleaning is one of the most repetitive but important home maintenance tasks. The right cleaning tools help keep your home tidy with less effort. Here are some helpful tools and products:

- **Microfiber cloths** – They capture dust and dirt effectively without chemicals and are reusable, making them eco-friendly.
- **Extendable dusters** – Perfect for reaching high corners, ceiling fans, or light fixtures.
- **Mop with a wringer or steam mop** – Makes floor cleaning easier and faster, especially for sticky or hard-to-remove stains.
- **High-quality vacuum cleaner** – A vacuum with strong suction and HEPA filters helps keep carpets, rugs, and upholstery free of dust, allergens, and debris.
- **Squeegee for windows and glass surfaces** – Ensures streak-free and efficient cleaning of glass, mirrors, and shower doors.

These tools help maintain cleanliness regularly without needing harsh effort or expensive services.

4. Smart Home Devices

Technology now plays a big role in making home maintenance easier and more efficient. Smart home devices can automate or simplify many tasks:

- **Smart thermostats** – Automatically adjust the temperature for energy savings and comfort.
- **Smart smoke and CO detectors** – Send alerts to your phone when there's a risk, helping you stay informed without manual checks.
- **Smart water leak detectors** – Notify you of leaks or unusual moisture near appliances, helping you avoid costly water damage.
- **Robot vacuum cleaners** – Automate floor cleaning and save time on daily vacuuming chores.

These smart solutions help monitor your home and handle repetitive tasks, allowing you to focus on more important things.

5. Eco-Friendly and Multi-Purpose Cleaning Products

Using the right cleaning products is just as important as having the right tools. Eco-friendly and multi-purpose products not only reduce your environmental impact but simplify the process by cutting down the number of products you need. Some popular and efficient options include:

- **Multi-surface cleaners** – Effective on counters, glass, tiles, and stainless steel, reducing the need for multiple specialized products.
- **Vinegar and baking soda** – Natural, safe, and inexpensive for tackling stains, deodorizing, and unclogging drains.
- **Enzyme-based cleaners** – Great for removing organic stains (e.g., food or pet stains) without harsh chemicals.
- **Microfiber mop pads** – Reusable and machine-washable, they reduce waste and work well with minimal cleaning solutions.

Using fewer, multipurpose products helps keep your storage organized and your cleaning routine faster.

Bottom Line



Maintaining your home doesn't have to be a constant source of stress or an overwhelming chore. With the right mindset, tools, and a simple plan in place, you can keep your home clean, organized, and well-maintained in an easy and efficient way. The key is to break down tasks into manageable daily, weekly, and monthly activities that prevent clutter and damage from piling up. Developing small habits, like wiping surfaces daily or checking for minor issues regularly, can save you from major repairs later.

Investing in useful tools and products makes a huge difference. Basic hand tools allow you to handle small repairs yourself, while power tools help tackle bigger jobs quickly. High-quality cleaning tools, such as microfiber cloths, steam mops, and vacuums, help you maintain cleanliness without excessive effort. Eco-friendly, multipurpose cleaning products reduce clutter and simplify your routine, all while keeping your home safe for your family.

Smart home devices, like leak detectors and robot vacuums, take home maintenance to the next level by automating routine tasks and sending helpful reminders. These devices improve convenience and efficiency, giving you more time to focus on other important things.

Another important factor to consider is knowing when to hire a professional service—whether for deep cleaning, appliance maintenance, or specialized repairs. Being informed about key factors

before hiring a service helps you avoid scams and ensures you get trustworthy help when needed.

Ultimately, the goal is to make home maintenance a simple, stress-free part of your life rather than a dreaded responsibility. By using the right tools, developing good habits, and knowing when to seek help, you can keep your home comfortable, organized, and in excellent condition all year long. This not only improves your daily life but also protects your home investment for the future.

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