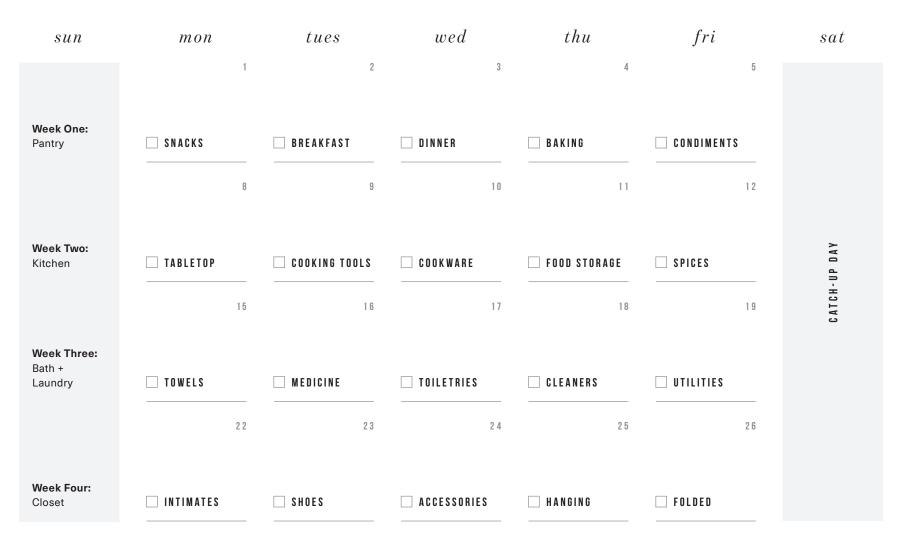
JANUARY $^{20}_{24}$



NEW YEAR

NEAT ME

метнор

Tips for using this calendar:

• Post in a conspicuous location • Project plan for the week on Sundays • Set specific daily goals

• Didn't get to everything? Don't stress — use Saturdays to catch up • Celebrate each project using a victory checkmark

WEEK 1: PANTRY

METHOD NEW YEAR NEAT ME

sun	mon	tues	wed	thu	fri	sat
Project Prep	Category Snacks	Category Breakfast	Category Dinner	Category Baking	Category Condiments	
 Read the newsletter for this week's focus Fill out your worksheet 	Start Time					
3. Spend 20 minutes on self-	□ Sort					
care to set your mind at ease for	🗆 Edit	Catch-up Day				
the week	🗆 Мар					
	□ Contain	Contain	Contain	Contain	□ Contain	
	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	

WEEK 2: KITCHEN

METHOD NEW YEAR NEAT ME

sun	mon	tues	wed	thu	fri	sat
Project Prep	Category Tabletop	Category Cooking Tools	Category Cookware	Category Food Storage	Category Spices	
 Read the newsletter for this week's focus Fill out your worksheet 	Start Time					
3. Take a moment to reflect on last	□ Sort					
week's wins — big or small	🗆 Edit	Catch-up Day				
4. Spend 20	🗆 Мар					
minutes on self- care to set your mind at ease for the week	🗆 Contain	□ Contain	Contain	□ Contain	Contain	
	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	

WEEK 3: BATH + LAUNDRY



sun	mon	tues	wed	thu	fri	sat
Project Prep	Category Towels	Category Medicine	Category Toiletries	Category Cleaners	Category Utilities	
 Read the newsletter for this week's focus Fill out your worksheet 	Start Time					
3. Take a moment to reflect on last	□ Sort					
week's wins — big or small	🗆 Edit	Catch-up Day				
4. Spend 20	🗆 Мар	🗆 Мар	🗆 Мар	🗆 Мар	🗆 Map	
minutes on self- care to set your mind at ease for the week	🗆 Contain	☐ Contain	☐ Contain	☐ Contain	☐ Contain	
	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	

WEEK 4: CLOSET

METHOD NEW YEAR NEAT ME

sun	mon	tues	wed	thu	fri	sat
Project Prep	Category Intimates	Category Shoes	Category Accessories	Category Hanging	Category Folded	
 Read the newsletter for this week's focus Fill out your worksheet 	Start Time					
3. Take a moment to reflect on last	□ Sort	□ Sort	□ Sort	Sort	□ Sort	
week's wins — big or small	🗆 Edit	Catch-up Day				
4. Spend 20	🗆 Map	🗆 Мар	🗆 Мар	🗆 Мар	🗆 Мар	
minutes on self- care to set your mind at ease for the week	☐ Contain	Contain	Contain	□ Contain	Contain	
	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	Short on time? See our weekly newsletter for 10 Minute Fix ideas	