

# 5 IDEAS THAT CAN MAKE CLEANING A STRESSFUL CHORE



## " Hiring home cleaning services is a luxury "

It isn't by a long shot throwing money at a problem; instead, it's a valid (and affordable) alternative when home cleaning becomes an overwhelming task.



## " Household chores are my responsibility "

It's a common error to think that cleaning your home is your job and no one else's. You'll feel burned out quickly if you don't share the burden.



## " I need to finish every chore in one sitting "

Believe it or not, short cleaning bursts are more effective than day-long, exhausting cleaning sessions.



## " I should feel ashamed of my messy home "

Going into chores with this negative mindset will likely demotivate you before starting. It's more helpful to recognize the need to clean and act now.



## " My home has to look perfect "

Trying to achieve a picture-perfect home can be exhausting. It's ok to choose functionality over looks.

