



WORKBOOK

THE TIDY HOME

Jumpstart

3 THINGS YOU NEED TO DO TO KEEP YOUR HOUSE
CLEAN WHEN YOU'VE GOT KIDS AND NO TIME

THEINCREMENTALMAMA.COM

Congratulations

You're getting serious about keeping your home clean so you can enjoy your life and your family.

Because you know that a messy house = a cloudy mind

In this short video, you're going to learn some simple, yet powerful strategies to conquer the clutter in the little time that you have.

By the way, I'm Erin, mother of 4 born in under 5 years, college history professor and the founder of [The Incremental Mama](#), where I help moms organize their time and homes so they can enjoy their life and kids.

I hope you enjoy The Tidy Home Jumpstart and this accompanying workbook. Go ahead and print this out, grab something to write with and press play on the video!

But before you dive in, I just wanted to mention a few important things.

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If you have any questions, please email me at hello@theincrementalmama.com. And go ahead and follow me on social media by clicking the links below.

You've got this!



Erin Reeder

FOUNDER OF THE INCREMENTAL MAMA



To use this workbook, simply fill in the blanks as you watch the video.

INTRODUCTION

The truth is that keeping a clean home _____

KEEPING A CLEAN HOME: 3 THINGS

#1: Create the right daily habits

Habit 1: _____

Habit 2: _____

Habit 3: _____

#2: Set Your Non-Negotiables

These are the bare minimum things that need to get done so that _____

MY NON-NEGOTIABLES:

#1 _____

#2 _____

#3 _____

#3: Do 15 min of laundry a day

Everyday, do the following:

#1 _____

#2 _____

#3 _____

REFLECTION

My biggest takeaway from the video:

If your home was clean and organized, what would that mean to you?

Stay tuned for more help coming to your inbox!