
the
Fail-Proof Laundry System



A STEP-BY-STEP GUIDE ON
HOW TO ELIMINATE LAUNDRY
OVERWHELM FROM YOUR LIFE

BY KIM SMITH

Do you feel like you're drowning in your family's dirty laundry piles? Does seeing hampers 100% full 100% of the time completely stress you out?

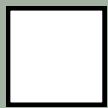
If your answers to these questions were *yes and yes*, I know how you feel. I spent *years* allowing the laundry build-up in my home to swallow up my weekend free-time and to cause me major mama anxiety. *That is, until I finally had enough and worked to discover a system that would support my busy life rather than continue to overwhelm it.*

In this guide, I'm going to bring you step-by-step through the system I've set up that has completely eliminated laundry stress from my life so that you too can regain some much-deserved *you-time*.

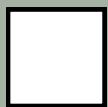


The checklist on the following pages will offer clear, actionable steps on how to develop and follow a routine system that will support you with getting your laundry done with way less anxiety.

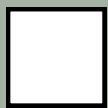
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Buy each family member his/her own bedroom hamper. Keep each person's hamper separate in order to encourage natural laundry sorting. Consider color-coding each person's hamper for some added accountability!



Add "family hampers" to common drop zones. Do wet towels keeping landing in the hallway or bathroom corner? Add hampers to these spaces, too!



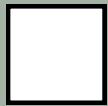
Schedule one load of laundry per day. Instead of saving all of the laundry for the weekend, pick one day per week to run each family member's hamperful of laundry.

>> Breaking down this larger task into smaller bites makes managing your family's laundry much less stressful.



Need a visual reminder of whose laundry day is whose?
Use a color-coded system on your family calendar
(check out the [1Thrive wall organizer I use here](#))

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Wash, dry, and fold the daily load. After the washing and drying is complete, fold the items in the daily load into categorized piles. This will make putting the clothes away go much more quickly!

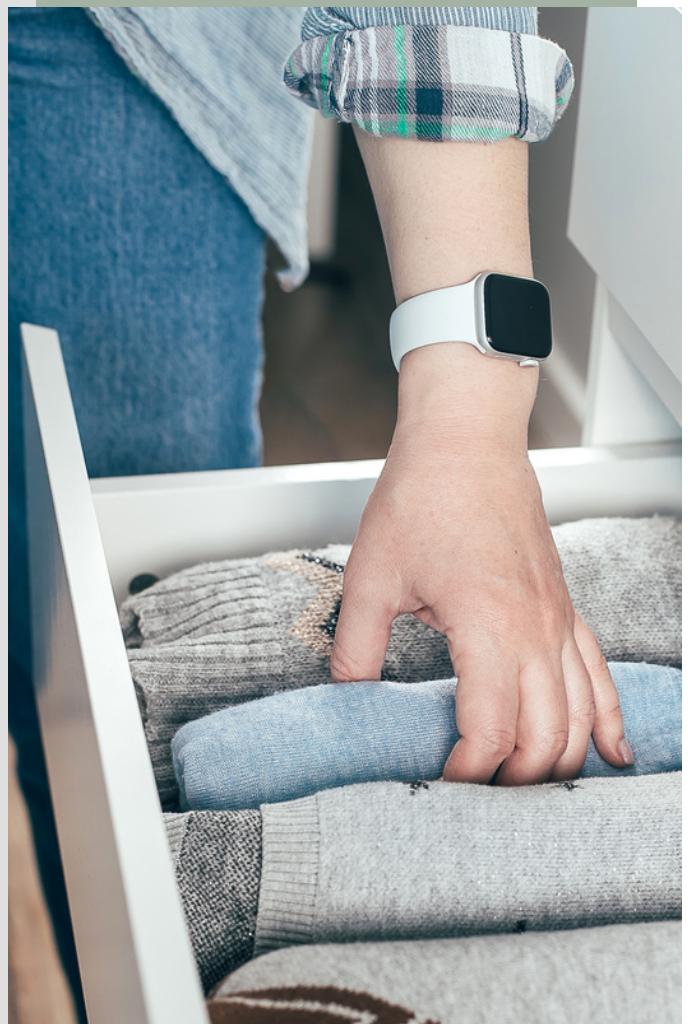


Put away the daily load. Place the categorized, folded items back into the hamper to transport and put away. If possible, fold directly in the person's room in order to cut out the transporting step!

*build the habit,
build the motivation*

It only takes about 12-15 minutes after the washing and drying to sort, fold, and put away one small load of laundry, which is much more reasonable than spending 1.5-2 hours of your weekend doing the same.

When you implement this system in your home and begin to experience the small-wins it provides, you will begin to feel more in-control and motivated to take down those piles of dirty laundry!



Conclusion and Next Steps

By completing one load of laundry a day instead allowing it to accumulate for weekend washing, you will be able to *increase efficiency and productivity, keep overflow and visual overwhelm at bay, build new, positive habits, and begin to recognize the power of adopting a small-wins mindset.*

Instead of looking at "getting all of the laundry done" as an accomplishment, you will start to view getting through one small load per day as one. This shift in perspective really helps to reduce the stress and anxiety that tends to come with laundry overwhelm.

If this guide motivates you to start your decluttering and organizing journey, I'd love to keep sharing tips and information with you! You can find me here!



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Thank you!