CHALLENGES

Thirty Ways to Enjoy Time at Home

Work at your own pace. Tick off what you finish and leave the rest for another session.

Date: _____ | 30 tasks

Use a product suited to the surface and follow its label. Never mix cleaning products. Keep them away from children and pets.

01 / Home and organization

- [ ] Sort your phone photos
- [ ] Tidy one area at home
- [ ] Rearrange a few favorite decorations
- [ ] Organize part of your wardrobe
- [ ] Clear unnecessary emails

02 / Learning and new ideas

- [ ] Try an art lesson
- [ ] Start a journal or blog
- [ ] Write down something you appreciate
- [ ] Try a quiet breathing break
- [ ] Reflect on your interests
- [ ] Read a book
- [ ] Try a simple learning project

03 / Movement and quiet activities

- [ ] Stretch gently if comfortable
- [ ] Choose a movement activity you enjoy
- [ ] Do a puzzle or play a board game
- [ ] Water plants if needed
- [ ] Make time for a restful break

04 / Creativity and hobbies

- [ ] Make a playlist
- [ ] Try a craft project
- [ ] Collect ideas for a future project
- [ ] Cook or bake something you enjoy

05 / Planning and reflection

- [ ] Review your household budget
- [ ] Write a manageable to-do list

- [ ] Write a journal entry
- [ ] Update your resume

06 / Rest and entertainment

- [ ] Watch a movie
- [ ] Enjoy a familiar skincare routine
- [ ] Take a few photos for fun
- [ ] Listen to a podcast
- [ ] Call a friend

Notes & next steps

Continue in the Tidy app

cleaning-schedule.app/en/#download