



**Perky's  
HELP**

Day	The Situation	The Solution
<b>Monday</b>	Are drowning in clutter and chores	Declutter and tidy surfaces to clear away piles and mess in busy areas
<b>Tuesday</b>	Are unsure of the best cleaning method	Vacuum, mop, and polish furniture using the right cleaners for wood, stone, and glass
<b>Wednesday</b>	Address habit distortions	Do a load of washing, dusting, and water the plants
<b>Thursday</b>	Align with a seasonal checklist	Mow the lawn to maintain the garden and the home's appearance
<b>Friday</b>	Practice presence and routine	Change bedding, empty all bins, and tidy up for the weekend
<b>Saturday</b>	Restorative deep cleaning	Clean the bathroom and the fridge with a thorough scrub
<b>Sunday</b>	Explore and innovate your space	Wipe down kitchen surfaces and polish handles/taps to make the room shine



**Table 1:** Match feeling → practice,

**Table 2:** Why it helps → result

Ref	When You...	What to Practice
A	Are drowning in clutter and chores	Prioritise and declutter
B	Are unsure of the best cleaning method	Research and align with standards
C	Face "chore wars" with housemates	Resolve conflicts; set a schedule
D	Feel behind on home repairs	Align with a seasonal checklist
E	Feel like you're doing it all alone	Build a household team
F	Feel overwhelmed by a messy home	Restorative deep cleaning
G	Feel stuck with a boring layout	Explore and innovate your space
H	Get reactive to household messes	Practice presence and routine
I	Hit a setback (appliance failure/leak)	Endure and persevere
J	Struggle with "I'm not a clean person"	Address habit distortions
K	Want a better home but feel unsure	Initiate and take responsibility
L	Want to host and welcome others	Serve and lead by example

Ref	Why it Helps	The Outcome
A	Removes the "visual noise" and focuses on high-impact areas	Immediate clarity and more physical room to breathe
B	Ensures you use the right tool for the right surface	Peace of mind knowing surfaces are cleaned
C	Establishes clear expectations and shared responsibility	Domestic harmony and a fair distribution of labour
D	Breaks big maintenance tasks into manageable monthly steps	Longterm home value and confidence in your home's safety
E	Delegates tasks so maintenance doesn't fall on one person	A supportive living environment where everyone contributes
F	Systematically reclaims your space from floor to ceiling	A refreshed, hygienic environment that restores pride
G	Reimagines room flow and organisational systems	Renewed excitement and better functionality in your home
H	Uses "clean as you go" habits to prevent chaos	Reduced daily stress and a home that stays "guest-ready"
I	Tackles the emergency with a calm, step-by-step plan	Resilience against home mishaps and increased hope
J	Replaces guilt with small, achievable wellness habits	Emotional relief and a healthier relationship with your home
K	Creates momentum through one small project at a time	Satisfaction from taking charge of your living story
L	Creates a hospitable environment for friends and family	A sense of purpose through sharing your well-kept home