**THINGS TO DO WITH YOUR FREE TIME IN THE FALL**

Life is busy. We seem to run from one thing to another: from work, to dinner prep, to folding the washing, to haranguing the kids into bed, to falling asleep on the lounge at 11pm.

Adding blocks of free time to your schedule ensures that you actually make time to relax, unwind and enjoy life. If you don’t block hours of free time, you run the risk of filling your spare hours with endless tasks, or wasting the time on things you have little interest in.

Everyone works differently, so the best use of your free time really depends on you, your working style, and what’s on your to-do list.

Loving your life is about more than a clean home and a balanced checking account- but it's a great place to start!

Specific fall cleaning tasks are similar to spring cleaning tasks in that you’re getting your home ready for the next season. I recommend doing your biggest deep cleaning in the spring after your home has been closed up tight for the winter months. But the fall requires some more significant housekeeping chores too!

**1. Clean Windows, Screens and Wells**

Now’s the perfect time to get your windows clean before you close them up tight for the winter. You’ll want first to vacuum the window wells to remove any dust, bugs or other debris. Then wash them out with a mild cleaning solution.

Don’t forget to take out your screens and hose them down too. Just spray them with an all-purpose cleaner, let them sit for a minute and hose them down. Leave out in the sun to air dry.

**2. Clean Light Fixtures**

Remove covers and clean those pesky bugs and dust that have collected over the year. Remove light covers from ceiling fans and chandeliers, wash and replace, wipe down ceiling fan blades. Vacuum fixtures paying particular attention to areas that collect dust and make sure to use the right attachments. To wash any glass either spray and clean in place; or remove, wash and replace.

**3. Handles and Doorknobs, Switch Plates**

This is such a forgotten cleaning task! But if you only knew the dirt and germs that are lurking on doorknobs and switch plates you’d probably wash them daily!

Wipe down all handles and doorknobs. Either remove switch plates to clean or wash in place depending on how dirty they are. I like to spray them with Lysol after I’m done cleaning them just for good measure.

**4. Walls, Baseboards, Trim**

Wash any painted walls that need washing. Touch up any chip marks, scuff or missing paint from painted surfaces.

**5. Clean All Bedding, Bed Skirts, Mattress Covers, Blankets, Quilts, Comforters**

Strip the beds and spend the day washing everything. Before you place everything back on take the time to vacuum thoroughly the tops and sides of your mattress. Spray with an essential oil and water mist or if you feel it necessary, spray with Lysol and let air dry before putting the sheets back on the bed.

Just like spring, the fall is the perfect time to get all those once a year cleaning tasks accomplished before the cold weather settles in.