



Moon Phases Cleaning Checklist


Welcome!


This unique checklist helps you align your home care with the natural rhythm of the moon. Each lunar phase brings a different energy—use it to create a harmonious, organized, and peaceful home. Check off tasks, add your own, and enjoy the process!

New Moon


- ☐  Set intentions for a harmonious home


- ☐  Declutter one room or space

- ☐  Write down what you want to improve this month


- ☐  Self-care: Visualize your dream home

First Quarter


- ☐  Organize your closet or workspace

- ☐  Clean kitchen counters and appliances

- ☐  Refresh home accessories (pillows, throws, decor)


- ☐  Self-care: Celebrate small wins and tidy up your planner

Full Moon

- ☐  Deep clean a main room (bedroom, living room, or kitchen)


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- ☐  Air out your home and light a scented candle


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- ☐  Update wall art or add fresh flowers

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- ☐  Self-care: Reflect on your progress and enjoy your clean space

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Last Quarter

- ☐  Let go of old magazines, documents, or clothes


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- ☐  Finish any small repair or organizing tasks


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- ☐  Reflect: What brought you the most peace this month?

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- ☐  Self-care: Plan your next cycle and reward yourself

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Thank you for using this Moon Phases Cleaning Checklist!
May your home always feel calm, organized, and full of positive energy.
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