



TRANSCRIPT

Terri K's Daily Routine

TERRI K *from* TODAY WITH TERRI K

Tasha: All right, well, I'm excited to be sitting down with Terri today. And she's from Today with Terri K. Is that did I say that correctly, Terri?

Terri: You did. You did. So know Terri K. was taken. What do you do? So, yeah, today. Because we never know. Every single day is a new day. We just gotta start over and keep rolling.

Tasha: Yes. Well, I like the alliteration. Right. Today with Terri K. It all kind of rhymes and flows together there.

So I just wanted to chat with you today some about your daily routine. And I know routines is actually something you share a ton about on your YouTube channel, but just to kind of kick things off, I'm curious, what are some of the things that you find yourself doing every day or maybe like almost every day?

Like, let's give ourselves a little bit of grace here. There are very few things I do every single day other than like eat and sleep. But what are some of those things you find yourself doing regularly?

Terri: Well, first of all, I consider myself to be the cleaning rebel because I don't like to follow any one routine. I have one routine that's my foundation that really helped me pull myself up from the slob that I was.

But I found that following it verbatim just doesn't, it doesn't work for me. I like flexibility. You know, I want to be able to go and do things with my husband for the moment.

So I have a few non negotiables that I have figured out for myself. The first one, I absolutely love making my bed. And my mom would be so shocked because I was that kid that really hated to make her bed. But it was always something hardcore that she required. And I threw it together.

And now I take pride over it because I thought it took me like 30 minutes to make my bed and make it pretty. And when I figured out to use a timer and I time myself, I can make it perfect in three and a half minutes. And I like five pillows and all the things.

So once it clicked in my brain how fast that actually was, I quit making the excuse that I didn't have time to do it. And now every single day, when I walk past my bedroom door, it gives me like a little pat on the back. Like, you know, you've adulted, you've done something today, way to go.

And so I love having that feeling because I always kind of felt like I was still a little kid not really knowing how to do life. So as silly as that sounds, three and a half minutes is probably the fastest thing I've found. That gives me the biggest bang.

I love a clean sink, but that takes a little bit longer. So it's not my favorite. But that bed, man, once I'm up and going and I make my bed, it's like I'm ready for my day.

Tasha: Yes. I love that you timed yourself. I think that's something that a lot of people probably would be surprised.

It works the other way too. Like, if you're like, I only have 10 minutes. I could never get the sink clean in 10 minutes. Like, setting that timer and seeing how far you can get, in my experience, can be really surprising.

Terri: Absolutely. Flip that script, because I cannot. I cannot spend two hours cleaning my house every day. My brain won't let me do it. I will hate it. I'm not. I don't want to clean. I don't like to clean. I like a clean home.

But if I have a little bit of energy or I'm waiting for something, so, like, when I'm talking to my mom, I can get up and be tidying up while I'm talking. I can, you know, tidy up the mail while I'm waiting for the water to boil, to fix dinner at night, you know, so I've had these little things that it's like, I don't have to finish. I just have to do something.

And since I started doing that, a lot of that stuff started adding up. And so now my counter stays significantly cleaner than they ever did before.

And I was telling you earlier, my husband does most of the cooking, and he is one of those chefs that makes the biggest mess.

In fact, when he washes his hands, he does this thing, and water goes all over my windows. Like, there's no area when he's done cooking that doesn't have something splattered

somewhere. And I roll in there, and I'm like, oh, my goodness.

But I start just kind of. I listen to a podcast or I'll watch a YouTube video, or I'll talk to a friend, or, you know, I'll just do a little bit here and there, and before I know it, it's done, and it looks pretty good.

But I've noticed that the more that I'm doing it, the faster it goes, because I'm not having to, like, scrub things. They're already clean. I just gotta wipe what he messed up, and it just. It gets easier. I guess that's the thing.

And when I first started, I really, truly thought that people who clean all the time were, like, crazy. Who on their right mind would want to do that?

And now I realize, you know, it's like a Popsicle. If there's a popsicle that melted on your counter today and you see it, you pick up the popsicle stick and you wipe it with a paper towel, it's done.

But if you leave it there for a day or two days and it dries, that is the hardest thing. It's like super glue. You can barely get it off.

So I'm now realizing that if I just do it when I see it and don't put it off, I usually get it done so much faster. And then I'm done worrying about it and I don't feel bad about it. And my emotions are not all over the place.

And I'm not judging myself when someone wants to come over to the house because I know, yeah, there's dust. I mean, we're all human, but in general, it's pretty tidy. Like, I'm not panicked.

Tasha: Yeah, I love that analogy of the Popsicle.

And if you can just see things in your home and be like, is that a freshly melted Popsicle or am I letting it dry? I mean, it's such a funny word image, right? But just keeping that in mind.

It was just last night, actually, my husband was washing the dishes after dinner and he was like, I love washing the dishes right after dinner. And at first it's like, what are you talking about? And he was like, they're so easy to clean. Everything just comes off so easily.

And so it's true. I don't know if he meant that he loves washing the dishes.

Terri: But yeah, if you. I mean, because you're going to have to do it anyways. Let's be real. We're eventually going to have to deal with the mess.

I would much rather do it in three minutes when it's not hard to do, then put it off. And it's going to take 30 minutes of scrubbing and frustration, and then I'm going to be in a negative mindset because I'm going to resent whoever left it there, you know, and so I really do now wish I had known this at 20, but now I see things as like, you know, clutter and dirt, it happens.

It's like the tide. It comes and it goes. And instead of fighting it, I just learned to go with it and save my energy, you know, move on, let it go. Like, I'm not counting who left dirty dishes out. I'm not.

You know, I've just kind of gotten to that place where, you know, I'm just going to take care of the things that I see. I'm going to worry about me and my sense of, you know, self worth and, you know, it's a mental thing for me.

It makes me feel better about myself when I

can see the sink is clean, when the bed looks made and I feel like I'm a grownup now. I'm much happier now.

As a side note, the kids see it and they start to learn to pick up too. And I'm not yelling all of the time. And gosh, my kids, probably when they were young, I was not that kind of mom.

I mean, I would literally stand there and point out everything that was wrong with the room and it was like dramatic. And cleaning the kids rooms was like such a big deal. And I'm thinking, Lord, you're so good that you have erased a lot of that, that they don't remember how awful some of those days were.

But now I'm able to like lovingly show my grandbabies, like, oh, look, it can be fun. Let's put some music on and we do it together.

And it's like, gosh, wisdom. I don't know why it has to come when I'm old.

Tasha: Yes. But that's something I'm hearing over and over in what you're saying that like cleaning doesn't have to be just cleaning.

And I think that's really an important mindset shift that you can do it on the phone, you can do it while you're listening to a podcast, you can put on a YouTube video, all sorts of different things. And I think that that alone can also be a mindset shift that like, it can almost in a way become a self care practice.

When it's like I am going to go in my own little world and listen to whatever it is I listen to in my headphones and I'm also going to take these steps that move my home towards a place that I feel more peace in. It's like a win, win.

Terri: Well, basically, what I've learned is that distraction works for absolutely everything that I don't truly want to do.

And I'll be honest. Right now, I'm going through a phase where I'm trying to, like, tone my muscles and get fit and all this stuff. And I don't truly. At this point. I should say at this point, I'm not happy about it. You know, I don't want to go to the gym. I truly don't. I want the result, but I don't want to go.

So I've had to set up, like, this distraction program. So when I'm doing my walk, there are certain shows that it's, like, my reward while I'm on the treadmill. I can watch this show, but I can't watch it at home. Like, it's only when I go.

And so it's like my little incentive plan to do the things. The hard things, maybe, or the things I just don't really like doing. And it's really starting to change it a little bit, because I'm looking forward to the show.

So if I can connect something that I don't really want to do with something that I really do enjoy, it kind of cancels a little bit of it out.

I found that with folding laundry, I never stand at the dryer folding laundry, like, that would drive me crazy, But I can, you know, put the TV onto a Hallmark Christmas movie or something like that, and I could sit there and fold laundry all day long. I wouldn't care, because I'm enjoying the moment.

So a lot of times, I just have to trick my brain. And that's something that I learned because I have a little bit of ADHD. I have very much learned my reward system.

And you can reward me not with money, not with prizes, but, you know, experiences with,

you know, memories, things like that that I can hold for a long time. Those are the things that I really enjoy.

So that's why I have these, like, little list of movies I've not watched yet that I want to watch. So that if I'm in a situation where I've got to do something I truly don't want to do, I can at least listen or watch that.

And it definitely helps. I mean, it gets me up, up at the crack of dawn, into the gym, on time.

Tasha: Yeah, that's an awesome strategy, too. It almost reminds me of habit stacking. So, like, habit stacking is really where you take one thing that you're already doing and you add another thing to it.

I feel like the classic example, like, if someone actually does this, I want to know. But like the classic example of doing pushups when you brush your teeth. Have you heard that one?

Terri: Push ups while you brush your teeth?

Tasha: Well, maybe like before or after. Right. But like, well, you're already going to brush your teeth. So if you're like trying to do push ups every day and I'm like, who's trying to do push ups every day? Is my first question. And who's doing it when they brush their teeth?

But the idea that there's something you're already doing and so tying to it, but almost in this sense, it's more of a something that you want to do, something that's easier for you to do, something you're naturally inclined towards watching a show, listening to a podcast, listening to your favorite music and then pairing that with something that you're not as naturally inclined to do and kind of letting it pull you towards that.

Terri: Yeah, And I do, I guess, habit stack in the mornings when I go to make coffee, you know, it takes, I mean, probably not two minutes, but it takes a second or two for it to brew, even with a K cup or an espresso.

So what, instead of standing there, I start unloading the dishwasher. And so it's like I, I'm, I'm there. This, these two things now go together, you know, and so, yeah, I think that that's one of the best ways, I think when you're new and you really, because cleaning there's so much, like that's the thing is that we feel overwhelmed because it's not a one and done.

You know, if I dust this table, it doesn't make the whole house perfect. And in our mind, we look at every little thing that needs to be done, and we. We're like, oh, it's going to take 47 hours of deep cleaning, and it still won't be done. And so I don't want to do it.

And the same with decluttering. These are big, big tasks, and we have to break them down and really go deeper, go deeper, go deeper until you just narrow down to one thing.

I have five minutes. I have two minutes. I'm waiting for the coffee to get done. What could I do right here?

And it's not that you lose the progress if you don't get finished. If your coffee gets done and I only unloaded half the dishwasher, it's still half done. And the next time I have a small task, I can finish it, you know?

And I think that at least for me, it's that paralysis. What do they call it? Analysis paralysis, where you just go, ah, it's too much. I can't. I can't do this. You know, I don't know how all these other people do it. They're different than me.

But that's not true. We all have the ability to do these things, and we all have the desire to do it because you notice it. If you're not noticing it, then it's not a problem.

But if you're noticing it, that is already your internal heart saying, you could do better. You know, we need to take care of this, but we get frozen.

And I think when you start to just go, okay, instead of worrying about the whole thing, what could I do right in this second?

Even when, like, you know, after having a baby, you can't get up and do a lot of things at first, but, you know, you've got to table right here beside of you that maybe has like three or four things scattered around. You could take care of that while you're sitting down nursing. You know, you. You can relax your mind, you can do some deep breathing.

There is always something that you can do when you stop trying to make excuses. And I really hate to say that because I'm a procrastinator to my core, but I now have to be hard on myself. And I'm like, Terri, that's not true. There is something I can do. There is some progress that I can make.

And so, you know, I give myself grace, but I also kind of hold myself accountable, too. And I've had to learn to police myself a little bit. And I think that that's really important when you, when you are aware that things need to change, when it's finally clicked, because everybody has a different aha moment.

But when you see it and you can't unsee it, you're like, oh, gosh, I'm a slob. You know, once you see it and you're like, I don't want to be this way anymore, then you can start to go, okay,

Terri K

I'm going to just start with five minutes and I'm going to do this one thing and then I'm going to give myself a break.

And that's perfectly fine. You don't have to climb the mountain. You can start with just a little bit every day because it adds up, it accumulates, and it all counts.

And I think that that's a really big pivot that I think too many people kind of play down. And I don't want you to play down the fact that doing something counts. It does. Every little bit counts.

And you need to pat yourself on the back for those small successes and you need to like, you know, celebrate it.

Because there are definitely days that, you know, I'm not feeling it and it's a struggle and I'll do like my basic, my, my bed is made and maybe the dishes are done and that's all I get done in the day that's a success.

It's not the day I want to have, but if I have a migraine, that's a really big, successful day for me. And so that's giving myself grace, but still holding myself accountable, do what I can and let the rest go. And I think that, you know, that is just really important.

I think you can apply that on so many levels to so many things with life. But we tend to not give ourselves grace when it comes to managing the house. And I think that we need to.

Tasha: Yeah, for sure. I just think about my day and the things I get done and so many things I'm getting done in those pockets. Kind of like you allude to.

I know, it hit me probably within the last year. So one night a week we just like have a long standing. Every, like this weeknight at 7pm we always have something on, right?

So like we're always going to be leaving the house. And it was really easy for me. We had to leave, oh, around 6:30ish or so. And it was really easy for me. Oh, we have our dinner, we'd walk the dogs, and then like I had maybe 30 minutes, 20 minutes, 15 minutes. It just kind of depended on how the evening went to do I don't know what.

And like the easiest thing to do was to grab my phone and just like pop down on the couch and be like, okay, well, I mean, I only got like 15 minutes. Like, I'm not gonna like get the whole kitchen cleaned up in 15 minutes.

But like the number of times that in that section, I have pretty much got the whole kitchen cleaned up. Even if, like there were multiple dishes out from making dinner and everyone's plates and everything.

And just realizing like, this doesn't take as long as our brain wants us to think that it takes. And just using those pockets and like so much can be done in those margins.

Terri: I think that's where the magic lives. It's not, it's not a cleaning routine. It's not, you know, having the right coaching. It's recognizing those small pockets of time and making the most of them.

Because when you get in the car, you can look at your phone like you're not giving up the ability to scroll on social, you're just choosing a better time to do it.

You know, you are going to be stuck at a

doctor's appointment. You know, there are things that you're going to do that, you know, I'm guilty of a Facebook game or, you know, whatever, occasionally.

But I really had to put TikTok down for a long time until I had control over it. Because the mindful scrolling, you know, there's always another video, there's always another thing to look at.

You know, Instagram, YouTube now has shorts. Like all of it is made to just keep you frozen for hours. That's the goal of the whole thing. And we have to be smarter than that. We have to be in control of our time.

And so I just know now not to even look at it, you know, just to keep it put away until I've come to a sitting point. If I'm physically out of breath because I just mopped the floor and y'all, I get out of breath. That is like cardio for me when I'm mopping the floor.

So after I've mopped floors, then I will take a 15 minute or 30 minute break and scroll on the phone or turn the TV on for whatever reason, or, you know, take a walk out or sit on the porch and swing, you know, whatever. It's well earned, it's deserved, it's okay.

But I'm, I'm gonna set a limit of how long I do that. And then I'm gonna need to get up and do something else. And it doesn't have to be cleaning. You know, it could be that I want to, you know, work on my taxes, or I want to go through some emails or, you know, play with the kids.

How many of us have forgotten that our number one goal is supposed to be teaching the little ones that are at home with us, and we turn on a TV and let them babysit.

You know, like, I do that with my grandbabies. And there are days I'm like, I'm doing the thing I said I wasn't going to do, which is turn Bluey on every single day. So, you know, let's go for a walk and we'll go for a walk.

And my grandson now is identifying the numbers on the mailboxes, which means the walk takes a bazillion years because we have to stop at every mailbox to say the numbers on it.

But this is a moment, and we need to have those moments. So I now have adjusted my expectations of the day to include a really long, slow walk for him to identify numbers for us to be out of the house getting some fresh air.

You know, these are the things that we can do as moms, especially stay at home moms, is to realize, you know, cleaning isn't everything. You know, cooking isn't everything. There's not any one thing that you need to put all of your time in. It's the balance of I need to be present with the kids.

I need to have time to play with them, I need to have time to teach them. I need to have time to take care of the house, take care of me, take care of my husband. And it's all a balancing act. And if we hyper focus on one thing, then all the other areas are going to fall down.

So it really is like I set up, like I call it my top three or top five things I want to get done for the day. And they cannot all be cleaning things.

You know, we've got to, you know, I've got to take a walk today. I did nothing yesterday but edit videos. So I've got to get out of this house and get some fresh air and move my body. That's now a top priority.

Even though I'm still not done with a video,

even though the floors need to be washed, those things can wait until I get back, you know, and so it's all about prioritizing our life and keeping things a little bit more in balance.

But especially for young mamas, I think there's a lot of guilt when you know, the house looks a mess or whatever, and I'm like, there's time for everything.

When my daughter had her second baby, she had some postpartum, and it was hard. And juggling two under three definitely takes a lot more energy than juggling one under three did.

And I just kept telling her, just breathe. You're going to get there. But right now, the priority is survival and, you know, nurturing and loving and just doing all that you can.

And when things kind of settle out, you're going to have a little more time and energy to do the other things. So we just have to scale back a little bit and go, you know what? This is a season, you know, and in this season, for three months, I'm not going to be 100%. I'm still healing from the hardest thing in the world, which is giving birth.

So, you know, having that mindset of hyper focus on the little things you need to get done, but then go on, zoom out so that you can really see the bigger picture.

Like, I don't want to be the mom that had the perfect house that you couldn't. I remember you couldn't walk in certain. people's houses without taking your shoes off. I don't want to be her, you know, but I also don't want to be the mom that, like, your feet stick to the floor, you know.

I want to be somewhere in that middle zone

and I want to be a fun mom. I want to be, you know, a clean mom and I want to be a productive mom. But, you know, all those things can be true at once. It's not a one or the other.

Tasha: Yeah, I love how you said that you make your priorities for the day, but, like, they can't all be cleaning, they can't all be the one thing, like whatever that thing is and realizing that there kind of are different, like, buckets of priorities, right?

There is your house bucket, and there is your work bucket, and there is your family and relationships bucket, and there's your personal, just like health self care bucket.

And just taking a little bit from all of those and realizing that there may be. I mean, there I still have the Saturday or, you know, the weeknight where I need to spend, like hours just resetting the whole house. You know, the whole thing needs help.

And so I'm gonna dive into that. And that might be because earlier in the week I was more focused on the relationship bucket. And that's great and perfect and exactly what it should be.

And so just kind of taking it all. I hate to say holding it in balance, because that almost gives the impression that, like, you're going to tip off one side or the other, but just realize, maybe realizing it, that it's fluid, it's not so rigid. Each day can bring something different.

Terri: Yeah, 100% agree. 100%. I've noticed, because our kids are older now, that my husband has to travel a lot for work. And when I quit working full time, it was specifically so that I could be available to do these things.

And I am obsessive compulsive a little bit. I love to plan a calendar and make 50 things on each day and check boxes. Like, that is who I am in my innermost core, is I like to check a box. I want to get a gold star. Like, I'm a people pleaser.

And he is very much fly by the seat of your pants. I never know what's going to happen. And so he'll come in in the middle of my highly organized schedule of things that I want to get done for the day, and he's like, you want to go to lunch?

And me in my naivety, I don't know how to say that, But anyways, I'll be like, sure, an hour for lunch. Well, no, it will turn into an hour to drive to a restaurant in another town, an hour for lunch, and then after lunch, let's run in Costco.

I'm home four hours later going, and I've just had to learn, like, I need to let all of that go and be present in the moment and just enjoy the fact he wanted to spend his day with me, and he had the time to go and have a big lunch, and we're just gonna go have a big lunch.

Tomorrow, I may have to do an extra load of laundry because I didn't get it done today, you know, so I'm now in that phase of learning to go with the flow like you're saying, be fluid. I'm gonna have a weekly overview of, okay, these are some things I really want to get done. These are backup things that I'd like to get done.

But, you know, it's rare that I'll say no to him every now and then, I had to yesterday. I was like, okay, babe, we have done so much with my son getting married and all of these things. I've not been home. I really need one day at home. And so he went to lunch by himself. But today, if he asked me, I'm like, yep, let's roll.

You know, so it's really about finding those little moments. And I think that it is like you were saying, it's a fluid motion. And that's why I keep coming back to that tide.

Like part of a dirty house is the fact that we're living in it. You know, we have to realize that tomorrow you're going to have dirty clothes again, you had to wear them, you're going to have dirty dishes again, you have to eat there. You know, like we can't fix it all once and then no one's allowed to touch anything.

We've got to realize that it's just part of life. And if we can, if we can think of homemaking more like a business. I am the manager of this business. I'm the manager of my home.

And as a business, we have to do time off. You know, PTO is included in that. We've got a budget we need to maintain, we've got maintenance that needs to happen, we've got daily routines and daily tasks that have to get done.

And it's not all my responsibility, but as the manager of this business, it's my responsibility to make sure all the little areas are getting taken care of. And during tax season, it's more on budgeting, and during the holidays it's more on family.

But if we only look at cleaning, then we're going to sink our ship. Like this business is going to fail. We've got to really know that you have to take care of yourself, you've got to take care of the kids you've got.

And so putting on a manager hat, I think would really help all of us kind of stop feeling guilty about all of these little things. You would never go to a job that never gave you time off, that never let you take a break. You could only sit at

a desk and do your work. You could not leave to do anything else. You would never survive.

And I think that as moms, we want to do that. We're like, oh, we're chained to the house. We've got to have a broom in our hand, you know, feeding a baby on a hip and doing all these things. And I think that in general that's just not a reality based ideal.

You know, we need to take that time, we need to clean the floors, we need to do the laundry, but we also need to scale it back and play with the babies and have time with our husbands too.

So taking the guilt away and replacing it with a more management mindset of, you know, I have not seen or spent time with my husband in two or three weeks, I really need to do that this week. This needs to be a priority for this week.

You know, I have been away from the house quite a bit the last two weeks with my son's wedding. So this week I do need to at least get one good day of kind of resetting everything. And I keep up those daily habits because they keep things from getting really out of whack.

And I'll tell you, in the last two weeks I've not done any zone cleaning, no deep cleaning, nothing like that, but just the daily of dishes, you know, the daily making my bed that I didn't even really stay on top of laundry that much.

But even so, in one day I've completely caught back up because it doesn't pile very high when you're always kind of taking little bites out of it. And so I think that, that I, I'm going to give myself an A plus for that. You know, it wasn't perfect. No.

But after almost 10 years of following the fly lady system and then kind of transition it into my own system and learning to go with the flow, to do a little bit every day and to give myself grace when I don't, I now can see it's actually working and I'm not chained to anything.

Tasha: Yeah. Can you speak to that a little bit? Actually that was something I had like a list of questions I was thinking we might get to. And that was one of the things I knew that you have shared a lot about the fly lady system. You've done a lot with that.

And so how do you take a system like that? I mean sometimes that built for you system can be really helpful, really. Like if you, if you find yourself in a spot where you just don't know what to do next.

You know, I want a cleaner home. I want to be able to take this in little bite sized chunks. Having someone kind of do that thinking for you and say, hey, do this on Monday and do this on Tuesday and like it's all going to add up and you're going to get where you want to be. That can be really helpful.

But how do you take something that's very rigid and structured and it tells you like do this, do that and then kind of adapt that into something that is more fluid. Kind of like we've been talking about.

Terri: Well, I found the Fly lady because I hit rock bottom in my life. I went through a really negative time and I just kind of woke up one day and I was like, I'm sick and tired of being sick and tired. Like I don't like my house. I don't like the way I'm feeling about my house, like all of these things.

And so I literally googled like cleaning routine, like how do you do this? Because I had a very non traditional upbringing. My mother, first of all, single parent of an only child. So I don't have siblings, I don't have a second half of the family that taught me things. Like it was literally me and her against the world.

And she put herself, she put herself through college while I'm a young kid. So I saw her building herself from the ground up in a professional way. And we had a clean house, but she didn't teach me how to do that. She gave me a list and I became very good, like I said about checking off the list.

But when I got on my own and I had my own kids and I couldn't understand like how do people stay on top of laundry? Well, it never occurred to me that you're supposed to do a little bit every day. You know, I just thought it got done once a week on laundry day and you know, and I couldn't keep up because then I never got it all folded and I never got it put away and it was just a mess.

So when I googled cleaning routines way back in the day, she was like the number one. And I went to her website and I'll be honest, I was shell shocked by the website because there's a lot of instructions and with most of these cleaning routines, there's a lot of details that when you're just wanting an answer or solution, it can be overwhelming.

But I was at that point I finally was like, I'm willing to try anything. So I, I started her system and what I found is that I started it and I jumped in with both feet and I didn't go slow and steady into anything.

I really thought, just print it off. I'm just going to do it all today. You know, today's a good day

to start. I'm going to do it all.

Well, when I did it all, then the next day I was tired. I didn't want to do it all again because I had worked so hard the first day. And so after about two weeks, I was over it. Like, I don't want to clean. I've been cleaning all along. This is not fun. I feel exhausted. I don't like it and I quit.

And I did that like three times. And the third time that I decided, you know, I, I really do want the end goal. I just don't know how to do it. I realized that with each failure, I retained something.

So after the first failure, I was taking care of the sink a lot more. There was fewer dishes. I was more aware of it. And so I was learning habits all along, even when I failed, that stayed with me.

And so by the third time, and this was a couple years later, I went back to it and I read the book. And it was like, you do one little thing extra every day, and you build habits. You build the routines. And so I did it her way for the first time ever, start to finish. And I started to see progress. And it was too slow for me. I wanted to go faster, but I knew it wasn't the answer.

So finally, and I think that this is all the cleaning plans. They all have a beginning, like how to build to it. And I think there's some magic in the repetition and the small things. And it stuck. It worked.

And after I did it her way for a few years, then I started to notice, I really hate, you know, that I'm going grocery shopping on Thursday. Because in our family, we tend to eat out all weekend. Like, we're almost never home. Our weekends are Costco and running errands. And we live in the country. So when you go to town,

you eat in town. Like, you're not coming home to cook dinner and stuff.

And so I was like, I'm getting all these fresh things, and then I'm not touching them till Monday or Tuesday, and it's not working for me.

So I started going, you know what? I could just move things around. It's not that I'm changing the system. I'm just making it fit my life. And it was so rewarding, because then I really started to see, like, that does work better for me, and I'm more likely to stick with it.

Zone cleaning. I didn't like the way she lined up certain things in the house because my house didn't have, you know, a dedicated office space or I really need to clean the laundry room, but I don't want to do it on this day or whatever.

So I started changing things. I dove into some of the other cleaning systems, like Clean Mama, the Organized mom method. There were so many other ones, and I would try those for a month or two, and I would realize, I really love this, but I really hate that.

And so I started just picking out the little things that I liked about them, and I just merged it. So I tell everybody I'm the rebel Fly lady because she's still my foundation, because that's where I started, and that's where I learned my routines, and my routine is very simple.

I have, like, five tasks in the morning and, like, three tasks in the evening that are hardcore. And then the middle is more Clean Mama, where I do, like, bathrooms. On one day, I do a task cleaning system a little bit more, But I've just kind of played with it.

And when I stepped into my own authority,

when I finally realized that nobody lives in this house but me and my family, so I can do it however I want to do it. And as long as it's getting done, that's the end goal. Like, a goal that works for you is the goal.

And so I just started saying, you know, it's. It's good to find the foundation. It's good to find somebody to tell you how to start it. But don't get locked into it. Don't quit because it doesn't work for you. Figure out what part of your system isn't working and change that part. So don't throw the baby out with the bathwater, is what they say in the South.

You know, like, if you are doing great in your mornings and you're, you know, starting your laundry, but then in the middle of the day, like, you never go back and finish that laundry and it's sitting on your dryer for three weeks, then maybe you're not a daily laundry person, or maybe you need to change your routine around to include time for that, you know?

So I really think that that is when you truly start to see the biggest progress and you really start to find your authority is when you have the wherewithal to go, it's not a cleaning routine, one and done. There's not a one and done method that matches everybody.

I'd be willing to bet that you go to the grocery store on a different day than I do because your schedule is different than me. And it doesn't mean my day is the only good day, and you're wrong. You know, as long as we get it done and the family's fed, who cares what day we go on?

So really take authority in knowing that you can change things. If you don't like Fly lady, don't do Fly Lady. If you don't like Clean mama, don't go to Clean Mama. But it doesn't mean they're all wrong. Learn from them what does seem to

work and take that part and make it your own. That's all I'm saying.

And so I think that personality goes a long way. I think that the clutterbug, Cass, I think she's really spot on when she talks about different personality styles. Because my personality style is, I like to have checklists and things. I do like that.

But I, with my adhd, I really need repetition. And so I don't like a rotating cleaning system because then I have to think, what am I supposed to be doing today? But with clean mama, it's Monday. Monday is bathroom. Every Monday is bathroom. I don't have to think about it. It's the same. And so I like that a little bit better for my cleaning tasks.

But my routines are a lot more Fly lady routines. And I think they're, they're pretty much all the same. I'll be honest. I've now done deep dives on like seven cleaning systems. And at the core, once you get them, they're all the same. Like, it really is.

You're not, you're not learning anything new. It's just the approach that they use and who you resonate with the best. And I think that, you know, just knowing that it's okay to change it, it's okay.

It's kind of like, you know, buying a car. We don't all buy white, you know, minivans. You know, that would be really boring if everybody drove the same vehicle. Like, it's okay if you want to drive a red minivan or a blue Jeep or whatever.

Like, use your personality. Make it spicy if you like it spicy. You know, if you, if you really love a marathon clean Saturday or Sunday and reset for the week, and that's what your jam is, don't let anybody tell you it's wrong. Work with your

natural rhythm.

Tasha: Yeah, definitely. If it's working for you, don't start a new routine. It was better.

Yeah, for sure. And I think my favorite part about that story you shared about going through those routines and trying them and failing and trying them again is that fact that like something stuck.

And so to call it a failure almost is like, not even the right word, right? Because maybe you didn't stick with the whole routine, but the fact that like a little piece stuck or you became more aware of something or you, I talk about it like increasing your threshold for something.

Like what your baseline for your home is, got a little bit better each time. And like that is how over time you add up to really big progress. So I love that.

And I think that's just such an encouraging takeaway for people listening that like, even if you feel like I'm coming back to this for the fifth or the sixth or the seventh time, 20th time,

Terri: I'm hard headed.

Tasha: You know, I've tried so many routines, whether it's cleaning or time management and productivity or like you talked about having an exercise routine, like, whatever it is that you're coming back to and you feel like, I've tried this and it didn't work.

More than likely, like the fact that you're still coming back to it, there are pieces of that that are getting integrated. Like, it's probably getting in there, like in your head and in your life more than you even realize. I think.

Terri: Well, I think, I think it was But First, Coffee. She did a video that I watched years ago and she was explaining, like, cleaning, like, on a scale. And I just, it connected with me in such a big way.

Because she was like, if you think of cleaning on a scale and you've got, you know, a slob here and then you've got perfectly clean here. You know, when you're learning, you're, you might move up here, but, you're still not perfectly clean. But then we might bump you up a little bit more.

And so with each failure, you're actually bumping up the scale. Like, we really are, like, making progress, but we tend to, like, throw it out. Oh, it's terrible. But if you just realize, like, it's, you're still making progress, you know, you can't run before you walk.

We've got to learn some basics to maintaining the house. We'll get to the deep stuff later. You know, you don't have to be, you know, cleaning the vents in your dryer right this minute. Like, let's slow down.

Let's, let's tackle laundry, let's tackle the dishes. Those are things that traditionally all of us struggle to keep on top of. If you have more than one person living in your house, that is a big time suck.

And so if we learn those things, and it's going to take a while, because it does. It's not anybody's favorite cup of tea, but we've got to do it. And once you finally get whatever routine works for you, then we can work towards cleaning dryer vents and stuff like that.

But if you never get to that, you're probably still not going to have anybody walk in your house and say, oh my gosh, you're terrible because

you didn't clean the dryer vents in the last year. Because I probably don't know how to take them off.

But, you know, right, I'm on YouTube and I show my dirty house every week, so it can't be that bad.

Tasha: Yes, absolutely. Well, Terri, thank you so much for taking the time to just share about what's worked for you, how you've gotten to where you are now, what has helped you to just grow in these just efforts to have a home that you like to be in.

I have one last question that I like to ask all of the guests on our show. And so that is what is one thing that's giving you less stress and more peace right now?

Terri: Originally I thought I was going to say the Dyson because it's my absolute favorite tool. I got a Dyson stick vac last Christmas. And guys, when I tell you I was working with some really antiquated equipment, I had the old Kirby, you know, the 30 pound Kirby vacuum from the 60s or 70s or something. Oh my gosh.

So cleaning, I mean it was, it was a beast. And I hated to, to get that thing out and use it. So getting that lightweight stick vac that was so easy to maneuver was amazing. And I will never regret waiting and getting exactly what I wanted.

But recently I have realized that I cannot function without my planner. I am so much a like checklist fiend. And I think that I started it because I couldn't remember due dates for bills when I was a single mom. That's where it came from.

I got a free planner or a free calendar from the

bank and started using it. And then I started carrying phone numbers in it and then I started keeping receipts in it and then I started keeping like school schedules in it and it just evolved into this thing.

And now I realize that is my second brain. I don't have to remember what my husband said he might like for Christmas when he said it in April. I can write it down and then now I can go back and go, oh yeah, you know, he said he would really like that, but he didn't think he wanted to buy one.

So I have now come to realize that having some type of system and I don't care if you're a paper planner, I don't, notes, you know, a dot journal, whatever. But having that system that you can keep yourself organized with and kind of jot down the notes, it frees up your, your brain space.

Like I don't have to remember everything because I wrote it down. All I've got to remember is where I laid my planner and then I can find anything that I need.

So for me, that is the season of life that I've, I'm in now. And it started when I was about 35 years old having to be a stay at home or not stay at home, having to be a single mom balancing kids schedules and bills and work schedules and all the things. I just didn't have the brain capacity for all of it I would forget things. I would forget what day it is.

So every day now I open it. I don't have to do a lot, but I do open it to see usually the night before what's coming up the next day. Is there any appointments that I need to remember?

You know, write down things like, oh, I'm out of light bulbs, I need to get those when I'm at

the store because if I don't write it down, I will never remember that the next time I go. So I love that.

That is my number one is just having a brain dump of some kind that so that you don't have to like feel stressed out to remember everything.

Tasha: I love that. Well, so planner number one, but also the Dyson vacuum as a second there. So you kind of get a two for one, so.

Well, Terri, thank you so much just for taking your time today to share all this with us. Where are you most often online that people can find you if they want to hear more from you?

Terri: I am mostly over on YouTube Today with Terri K. I do one plus a week videos. I'm trying to build up, but life happens and I'm a real mom, solo creator.

I'm on all the socials at Today with Terri K. But I do have a Facebook group that's pretty active. We talk every single day over there. So you can find me in Facebook group. It's called Today's Fly Babies. And it's just very positive, very uplifting.

Like, we don't care if you want to do clean mama. Nobody cares. Like, it just, it started as a place to kind of learn how to go with this thing together. We do decluttering challenges and things like that, but those are the main two things.

I do have a little website blog, I sell on Etsy, some other side things that I'm pulling together, but those are the main ways that you can connect with me. And I would absolutely, I respond to everything. So if you ever send me a message, you will hear from me directly.

Tasha: Awesome. Well, thank you so much, Terri. And we'll put links to all that in the show notes too. All right, thank you so much. Y'all have a blessed week.