



HOW TO KEEP YOUR HOME CLEAN

— WITHOUT WEARING —
YOURSELF OUT

The Complete Home-Care &
Cleaning Manual



Simple systems, practical recipes,
stain solutions, professional shortcuts,
and home-care routines to save
time, energy, and money.

Sarah Biller



65 Years Old
• 40+ Years of Professional
Cleaning Experience



Retired Professional Cleaner
& Former Cleaning Business Owner



SARAH'S PROMISE

*Clean smarter. Work less.
Take better care of the
home you love.*



A PRACTICAL LARGE-PRINT GUIDE FOR A
CLEANER, EASIER-TO-MANAGE HOME.



A Note From Sarah



Hello, friend.

I'm Sarah Biller.

I'm 65 years old, and I spent more than 40 years working in professional residential cleaning and home care.

Over those years, I learned something that took me a long time to understand:

“Cleaning harder is not the same as cleaning better.”



I have watched people spend an hour scrubbing something that could have been handled in ten minutes with the right approach.



I've seen people use the wrong cleaner because they didn't know what kind of soil they were dealing with.



I've seen beautiful surfaces damaged by methods that were simply too aggressive.



And I've seen small problems turn into exhausting cleaning projects because they were ignored for too long.



That is why I created this guide.

This isn't a book full of random tricks.
It is a **home-care system**.



Most importantly,
I want you to save your energy.



When you have a problem,
I want you to be able to open the guide,
find the problem, and know:



What to use.



How much to use.



How to use it.



How long to wait.



What tool to use.



What not to do.



**And how to keep the problem
from coming back.**



Your home matters.



But so does your time.

— Sarah 





HOW TO USE THIS GUIDE



THIS IS A PROBLEM-SOLVING MANUAL

You do not need to read this guide from beginning to end.

When something needs attention:



STEP 1

Find the problem.



STEP 2

Identify the type of soil.



STEP 3

Identify the surface.



STEP 4

Choose the appropriate method.



STEP 5

Follow the steps in order.



STEP 6

Check the result.



STEP 7

Prevent the problem from returning.



A simple system helps you solve problems quickly and effectively.



WHY THIS SYSTEM WORKS

Following a clear process saves time, reduces frustration, protects your surfaces, and delivers better results.





SARAH'S 7-STEP CLEANING SYSTEM



1

CLEAR

Remove clutter and objects.



2

DRY CLEAN

Remove loose dust, hair, crumbs and debris.



3

APPLY

Choose the appropriate cleaner.



4

WAIT

Allow appropriate dwell time.



5

AGITATE

Use the correct tool.



6

REMOVE RESIDUE

Wipe or rinse thoroughly.



7

DRY

Leave the finished surface properly dry.



A simple, step-by-step system that saves time, energy, and effort—every single time.



SARAH'S RULE

“

If you're scrubbing harder and the result isn't improving, **change the method**—not just the amount of effort.

”



WHY THIS ORDER MATTERS



If you clean the floor before dusting furniture, you may have to clean the floor **twice**.



If you scrub grease before allowing a suitable product time to work, you may **waste energy**.



If you use the wrong cleaner for the surface, you can **create damage** instead of solving the problem.





BUILD YOUR CLEANING KIT



YOU DON'T NEED 50 PRODUCTS

A practical cleaning kit can include:



CLOTHS

- ☐ Microfiber cloths
- ☐ Separate cloths for kitchen and bathroom



TOOLS

- ☐ Non-scratch sponges
- ☐ Soft-bristle brush
- ☐ Grout brush
- ☐ Old toothbrush
- ☐ Squeegee
- ☐ Vacuum
- ☐ Crevice tool
- ☐ Soft brush attachment
- ☐ Appropriate scraper



SUPPLIES

- ☐ Spray bottles
- ☐ Bucket
- ☐ Gloves
- ☐ Measuring cups
- ☐ Measuring spoons



SARAH'S TOOL RULE

Use the least aggressive tool that gets the job done.

Start with:



Microfiber



Soft Sponge



Soft Brush



Stronger Tool
Only If Appropriate



Don't start with the harshest tool simply because the dirt looks bad.

