

Welcome to the Spring Into Spring Challenge!

Orientation Day

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Foreword

Hi and Welcome to the Spring Into Spring Challenge!

Today's message will be longer as we get orientated to move into the coming weeks.

Be sure to read and refer back to the information as it will be the foundation of your success.

The challenge consists of 6 weeks, each week we will work on a theme - Bedroom, Livingroom, Bathroom, 2 in the Kitchen and one bonus week to catch up on any tasks that need to be finished.

To be successful in your challenge, you will be required to

- **SPEND a minimum of 20 minutes per day** working on the challenge tasks in the theme area. If you have time left over, you can work on another task.

- **POST your progress** to the day's themed area topic in the Spring Into Spring Challenge Group.

- **RECORD TO YOUR BLOG ON THE ISHINE COMMUNITY A MINIMUM OF ONCE WEEKLY** - post your wins and what you feel you can do better, or new practices that you can put in place to keep your new found clear spaces clear and clean in the future. Your blog is your success journal. You will be amazed at the insights that you will get by recording your progress and challenges.

Refer back to your blog often and use it for what ever you feel to be of help for yourself or others.

If you need more time, you can either extend your time or work on your project task at 5 minute intervals through out the day, working inside of the theme of the week. If you are finished your theme, feel free to work in another area, but only if your current theme is complete.

Remember - 20 minutes is all it will take to see results. **We are aiming for improvement, not perfection.**

Burn out and overload is not what we are looking for. Doing too much will be detrimental to your efforts.

When in doubt, think of the tortoise.

Introduction

Over the coming weeks we will be using a basic system...

- Day 1 - declutter
- Day 2 - deep clean surfaces
- Day 3 - wash linens etc
- Day 4 - deep clean floors
- Day 5 - clean shelves, cupboards, storage etc
- Day 6 - catch up
- Day 7 - Rest

Be sure to save your challenge emails in their own folder so that you can access them later. You can use this system over again when ever you need them to go a step deeper in your cleaning efforts or to maintain.

The focus on our Spring Into Spring Challenge is simplicity. No complicated routine. **Get in, get the job done, and get out!**

Below you will find instructions on how to set yourself up to make it easier and help you to do this.

MAKING IT WORK

Any system needs one thing to be successful. That one thing is commitment.

When you have made the commitment, the other things that you need will follow – self discipline, consistency and time.

Decide right now that you will put aside 20 minutes every day to get a good headstart on getting your house in order and ready for a more relaxed (notice I didn't say completely relaxed!) and happy summer with the kids.

You can do 10 minutes in the am and 10 minutes in the evening – break it up in what ever way you like as long as you spend a focused 20 minutes on the appointed task.

If you have small children this may be harder, but you can allow for it.

You can do it when they sleep. Or if you have kids like mine, who never slept, at least not at the same time, you can allow longer than 20 minutes – no more than 45 minutes so that it doesn't become a huge mountain to climb – and include the kids, or allow for interruptions.

Try 5 minutes at the top of the hour 4 x per day! In some ways, you will find this to be even more effective because you will probably be moving faster during those 5 minutes than you would be doing it in a 20 minute time pocket.

The next step is to decide when you are going to work your Spring Cleaning time pocket.

Divide it or do it at one time, just be sure to do it every day.

Reward yourself when you are finished – and your kids.

Make it a time to look forward to.

My favourite reward is to kick back and read a book for 10 minutes.

BTW, depending on the ages and stages of your kids – they may want to join the fun and do their own room. It doesn't hurt to ask!

You will be receiving your first instructions in another shortly. It outlines a few things that you should do to set yourself up so that your weekly Spring Into Spring Challenge tasks go smoothly and as efficiently as possible.

GOING DEEPER

Some of the tasks that I've outlined in our Spring Challenge are core tasks that you may have already been keeping up with.

If you have been maintaining the core cleaning activities in these rooms, then you can use this challenge to go one step deeper.

Tweak the tasks to spend a full 20 minutes on anything in the appointed room that will get the mess or dirt out. Spend a few minutes before you start to decide

exactly what you will tackle. Be sure to write it on your worksheet so that you can check it off! Don't want to miss out on the fun!

If you already have done this and find that you can't find anything that needs to be done, go ahead and scope out a different room, preferably one that is not the bedroom, livingroom, bathroom or kitchen so that you don't get too far off track with our schedule. A few other areas that you could choose to work in are outdoors, front porch, hallways, basements, attics, kids rooms, home office, guest rooms etc.

If you are following our plan, don't worry about these extra rooms right now. By the time you are finished our challenge, you will have well established the habit of taking 20 minutes to improving your house. Continue to use the basic steps to do the other rooms in your house.

DECLUTTERING

Decluttering is the first step for each week on the challenge.

This is because decluttering is the activity that will set you up for success and clear spaces - and make it all easier.

Decluttering is one of the main components of a clean and organized life – freedom from clutter and disorganization. Our ticket out! It works in every area.

Here are the basic instructions and set up that we will be using for each declutter day during the challenge.

You will need 3 baskets or boxes – 1 for garbage, 1 for donations and 1 to put things in that need to be sorted into other rooms.

You want to make this fun, so use boxes or baskets that you like.

Any box for garbage will do, you will be dumping it into a bag later. It's just easier to toss things into a box during your declutter session.

You can use a box for donations that you can just seal and give away as is to save time and to save on plastic.

A basket or box that is easy to carry works well for sorting things that don't belong.

Work your way around your room – tossing anything that you don't use or love – or just hate to clean in one of the boxes. If you have time, sweep through any closets, cubboards, shelves etc.

If you want more detailed information on how to declutter your house, and keep it that way, I found [Declutter Fast](#) to be my bible for decluttering. I always thought that decluttering was common sense, but this ebook really helped me to get on track and create a lasting system and best of all, to make it fun, I suddenly WANTED to declutter. I saw immediate and lasting results - or I wouldn't be recommending it to you.

If you need to some heavy duty decluttering, I would suggest that you buy this ebook and either supplement the Spring Into Spring Challenge with decluttering for about 10 min per day on the side, or do the Spring Into Spring Challenge, and continue on with the ebook for deeper decuttering and results when you are finished.

Also, this ebook inspired me to set up my own Declutter Day – you can sign up for a [free weekly declutter day reminder](#).

Today's Assignment

SET YOUR SELF UP FOR SUCCESS

Complete these activities as soon as possible before starting your Spring Into Spring Challenge. You will find that the daily tasks go much smoother if you are prepared.

We will be starting the first official day tomorrow, so today would be a great day to get prepared.

- You will find a timer to be helpful. You can use it to time 20 minutes, or you can use it to do micro bursts inside of 20 minutes.

- You will be working intensely for 20 minutes. The better prepared you are, the more you will get finished. It will be helpful to create a cleaning caddy

containing cleaning spray and natural deodorizing spray (see bonus section for [Green and Clean recipes](#)), a wiping rag, toothbrush for cleaning, paper towels anything else that you will use.

- Create your own personal toolbox. I have one that no one knows about camouflaged as a shoe box in my closet. It contains various items such as a universal screwdriver, pliers, tweezers, duct tape, scissors, masking tape and scotch tape. Stuff that is never around when you need it! It can be quite fun shopping for your tool box or picking up nifty gadgets to add to your collection.
- Remember the 5 areas that we will be working on every week...
 - declutter
 - deep clean surfaces
 - wash linens etc
 - deep clean floors
 - clean shelves, cupboards, storage etc

as well as a catch up day for finishing and fine tuning, always important, and a day of rest and rejuvenation.

Plan for this and gather anything at the beginning of the week that you may need.

TIP: Decide on a place to store your decluttered items that may be going to charity and schedule at time either weekly or at the end of the month to take it away. If you are putting anything to the side for a yard sale, plan a storage area for this too. If you have nowhere to store it, it's best to give it away.

One caution: Be sure to keep any cleaning supplies or tools out of reach of children. Finding a safe place where you can keep things together, but out of reach is ideal.

Congratulations on taking the first step towards your Spring Into Spring Challenge – and a more peaceful and enjoyable summer!

Upon graduation, don't waste the new habit that you will have formed.

Apply the principals to the remaining rooms in your house, and then repeat.

If you need support and community to help you to stay on track, be sure to stay active in the iShine Community.

And watch for bonus tools and work sheets to help you to get it clean and keep it clean and for subscriber discounts on upcoming challenges and courses.

Have fun!

Remember, that every day is going to be a better day.

It's Your Day To Shine!

*Jan
Ferrante*

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Coming Up Next ...

First official day of the Spring Into Spring Challenge, coming up! Watch your email tomorrow for the link to Week One – Day 1 – Decluttering the Bedroom.