

Welcome to the Spring Into Spring Challenge!

Week Five – Day One Kitchen Cupboard Declutter

**Jan Ferrante
Step Up Productions**

<http://www.itsyourdaytoshine.com>



**NOTICE: You Do NOT Have the Right
to Reprint or Resell this Report!**

You Also MAY NOT Give Away,
Sell or Share the Content Herein

If you obtained this report from anywhere other than
<http://www.i-shine.org> a division of <http://www.itsyourdaytoshine.com>
you have a pirated copy.

Please help stop Internet crime by reporting this to: <mailto:support@i-shine.org>

© 2008 Copyright Jan Ferrante

DISCLAIMER AND/OR LEGAL NOTICES:

The report is for informational purposes only and to be used according to your own judgement and recommendations. While every attempt has been made to verify the information provided, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies, omissions or misrepresentations of this report.

Week Five - Kitchen Cupboards

GOOD MORNING!

Are you raring to go? In 20 minutes, you are going to be a huge step closer to creating an oasis in your home. Get ready, peace and tranquility, here we come!

CHECKLIST

Here is a master list of items that you may find helpful for cleaning your kitchen cupboards taken from the Spring Cleaning Tips for Mom ebook. You can use this as a master list. I have also broken it down by day with each 20 minute target as a mini checklist.

Kitchen

- Clean Out Cabinets
- Reorganize and Wipe Down Pantry
- Empty Cupboards Entirely and Sort Out What You Find!
- Throw or Give Away Any Items You Don't Use or Need
- Throw Away Old Food
- Try Using Plastic Container for Easy Storage & Organization of Food Items

DO AHEAD

Gather 3 baskets or boxes as outlined in the declutter instructions from yesterday.

Consider what items you want to get rid of. Be sure that you have completed the Set Yourself Up for Success section on the Orientation PDF.

Today's Assignment

Declutter The Kitchen Cupboards

We'll start with the kitchen because it is "our space", a place that we can regroup and rejuvenate ourselves for the other areas of our lives.

Today, let's spend 20 minutes decluttering. If you didn't read the decluttering section in Orientation yesterday, be sure to have a look before you start.

Set your timer for 15 minutes and GO! (if you are adjusting your time for the kids, use your own time limit) Don't forget to do under the bed.

When the timer rings set it again for 5 minutes and clean up any messes that you have made during your decluttering session. Make the tough choices, put what ever you can into your give away and garbage boxes.

Put your boxes and baskets where they need to go, put anything away that you have taken out etc. Make it nice.

You may still have more decluttering to do when your time is up. You can use your catch up day 6 to work on it, or we will have a full catch up week during week 6. Or you can chip away at it a few minutes daily now that you are focused on your mission!

Or you can join our free [Declutter Day group](#), a weekly reminder to help you stay focused on a regular decluttering session every week. It all adds up!

Remember that the more brutal you can be at this stage, the less that you will have look after for years to come – the nicer your room will look and the easier it will be to clean.

Less really is more.

Peace is in the open spaces.

Looking forward to seeing you tomorrow, let's take another step up!

Mini Checklist

- Clean Out Cabinets
- Wipe Down (or disinfect) Knobs on Cupboard Doors
- Throw away or give away unused utensils, appliances, etc.
- Reorganize and Wipe Down Pantry

It's Your Day To Shine!

*Jan
Ferrante*

Jan Ferrante

<http://www.itsyourdaytoshine.com>

Coming Up Next ...

Watch your email tomorrow for the link to Week Five – Day 2 in the kitchen cupboards – Tackling the Surface Areas.

Previous

Orientation ... [Click Here](#) to access.

Week 1 Day #1 ... [Click Here](#) to access.

Week 1 Day #2 ... [Click Here](#) to access.

Week 1 Day #3 ... [Click Here](#) to access.

Week 1 Day #4 ... [Click Here](#) to access.

Week 1 Day #5 ... [Click Here](#) to access.

Week 1 Day #6... [Click Here](#) to access.

Week 2 Day #1 ... [Click Here](#) to access.

Week 2 Day #2 ... [Click Here](#) to access.

Week 2 day #3 ... [Click Here](#) to access.

Week 2 Day #4 ... [Click Here](#) to access.

Week 2 Day #5 ... [Click Here](#) to access.

Week 2 Day #6 ... [Click Here](#) to access.

Week 3 Day #1 ... [Click Here](#) to access.

Week 3 Day #2 ... [Click Here](#) to access.

Week 3 day #3 ... [Click Here](#) to access.

Week 3 Day #4 ... [Click Here](#) to access.

Week 3 Day #5 ... [Click Here](#) to access.

Week 3 Day #6 ... [Click Here](#) to access.

Week 4 Day #1 ... [Click Here](#) to access.

Week 4 Day #2 ... [Click Here](#) to access.

Week 4 day #3 ... [Click Here](#) to access.

Week 4 Day #4 ... [Click Here](#) to access.

Week 4 Day #5 ... [Click Here](#) to access.

Week 4 Day #6 ... [Click Here](#) to access.

ADDITIONAL RESOURCES FOR MOM

Queen of KAOS at Home

The ebook that started it all! One day I was running around the house, late and disorganized as usual and declaired – I am the Queen of KAOS! That day I decided to do something about it. I was so happy with my system that I had to share. The rest is history.

[The Queen of KAOS at Home](#) – you can get it together and retain semi-sanity while you do it! by Jan Ferrante

More Mom eBooks

Being a mom doesn't come with a manual, but now you can collect your own library of Mom eBooks designed to help you get it all together and enjoy being a mom.

[Mom eBooks](#)

GET IT DONE ACTION and SUPPORT

TAKE 5

Get a new 5 minute task sent to your email every day. Less stress and less mess 5 minutes at a time.

[TAKE 5](#)

Saturday is Declutter Day Reminder

Choose your own day if you'd like. Weekly reminder to declutter something. Anything! You will see a big improvement around your house and have more sanity in no time.

[Declutter Day Reminder](#)

RESOURCES

Declutter Fast

This is the book that inspired me to have a Declutter Day. It is a simple system that make decluttering fun and effective with lots of tips and tricks to be more organized around the house and how to keep it that way. One of my all time favourites.

[Declutter Fast](#)

Confessions of a Clean Freak

Ever wanted to be a fly on the wall at a "clean freak's" house. They always make it look so easy. This ebook is written by Carol Pagan, who tells us all of her secrets. Another favourite of mine, as is all of her ebooks and courses.

[Confessions of a Clean Freak](#)

Whole Life Overhaul

Excellent course by Carol Pagan designed to help you to improve your life one day at a time. I've taken it and LOVED it. Highly recommended if you are looking for a little positive direction in your life.

[Whole Life Overhaul](#)

Make It Fun!

If you are wondering what you can do with your kids, here's your answer. A new guide for every month of the year with a quality time activity for every day.

Written by our own Lisa Marie Fletcher, E.C.E.

[Make It Fun!](#)

Fit Yummy Mummy

If you are looking for the best program to lose weight and get back into shape, you need to check out Fit Yummy Mummy. I have been on the program and have done very well. I lost weight and inches, have gotten stronger, healthier and have more energy. Good bye jelly belly!

[Fit Yummy Mummy](#)

FREE ECOURSES

[Free Ecourses Directory](#)

Current listing with new course updates coming...

- Frugal Living
- Creating a Budget
- Meal Planning
- Spring Cleaning
- Make It Fun – 1 Week Free Quality Time Activities

COMPLETE RESOURCE LISTING

[Queen of KAOS Directory](#)