

Welcome to the Spring Into Spring Challenge!

Week Five – Day One to Six Kitchen Cupboard Declutter

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<http://www.itsyourdaytoshine.com>



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Week Five - Kitchen Cupboards

GOOD MORNING!

Are you raring to go? Using your 20 minute time pocket over the coming week, you are going to be a huge step closer to creating a more functional kitchen.

This is the first step to being ready to make some great meals and snacks for your family's health and your sanity.

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
- Line with a Shelf Liner to protect your Cupboard Surfaces

DO AHEAD

Get out your three baskets or boxes for garbage, give aways and storage. Be ready to start filling them up and emptying those cupboards of unwanted clutter that is slowing you down from enjoying and using your kitchen as the heart and center of your home.

Today's Assignment

The Kitchen Cupboards

This week we will be working every day on the kitchen cupboards. You already know what to do.

Declutter, declutter, declutter. Get rid of all of those unused plastics, dishes, storage, knick knacks and old utensils, coffee pots etc.

Give it a good wipe with your favourite cleanser, preferably non toxic. I use my essential oil/water sprayer and my Mr Clean sponge for the tough spots or scuff marks.

Wipe down anything that you are keeping such as sticky jam jars etc.

Throw out any out dated or stale items.

You know the drill. The key is to be brutal and keep in mind your objective – clear, usable spaces.

Do one cupboard at a time so that you can replace everything at the end of the session.

Remember, less really is more. Peace is in the open spaces.

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

NOTE: My friend and assistant Lisa Fletcher has a website with lots of good kitchen info. She sells Tupperware, so she's on the leading edge of kitchen storage and organization tips. Have a look for some great ideas and kitchen inspiration.

[In Lisa's Kitchen](#)

It's Your Day To Shine!

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Coming Up Next ...

This week you will continue to receive your daily reminders. The pdf link will be for this pdf for all days.

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.

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

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

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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 declared – 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](#)