

Welcome to the Spring Into Spring Challenge!

Week Four – Day Four Kitchen Floors

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<http://www.itsyourdaytoshine.com/>



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Week Four – Day 4 Floors

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!

DO AHEAD

Do ahead – get vacuum cleaner or broom ready and pail/mop if you don't have carpet – carpet or steam cleaner if you do.

IF YOU DON'T WANT TO DEEP CLEAN CARPETS – You can make your own carpet freshener using essential oils and baking soda.

Put some baking soda into a plastic container with a lid. Be sure that it isn't one that you will be using for food because you can keep it and use it again to refresh your carpets quickly anytime you like.

Just sprinkle in a few drops of the essential oil of your choice – citrus fruits are always nice and fresh. You can even play with the scent and blend a few different ones, it's fun. You can adjust to your mood!

Shake the container to disperse the essential oils into the baking soda.

Sprinkle lightly and as evenly as possible to get the complete carpet. Leave on for about 15 minutes. Close off the room, especially if you have kids or pets who will be crawling on the carpet. Vacuum.

Depending on what you have for carpet, you may want to do a test spot first.

Checklist and Instructions

...below you will find excerpts from the Spring Cleaning Tips ebook to give you some quick ideas. Check the book for more in depth reading.

Wipe counters and tables after each meal, knocking the crumbs to the floor. Sweep up after washing the dishes each night and use a damp rag to wipe up and spots, splashes, or spills on the floor.

Scrubbing the floor depends on what type of floor covering you have. You can use a floor cleaner specific to your floor type or try using a one part vinegar to two parts water solution, with a small amount of detergent added for a fresher smell. Scrub thoroughly, rinse well with water, and wipe the floor down with a towel when you are finished.

Kitchen - Floors

- ___ Pick up any clutter/debris that has accumulated
- ___ Sweep or Vacuum, and Scrub Floor
- ___ Beat & air out (or wash) any rugs or mats in the room
- ___ Pick an appliance and tackle the grime on the floor around it.

Today's Assignment

Floors

It's easy. Get any big stuff off the floor – garbage in the garbage etc.

Vaccuum, then mop, clean or refresh. It may be good to split your time to be sure that you have enough left the cleaning or washing part.

Remember, we are looking for progress, not perfection.

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

It's Your Day To Shine!

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<http://www.itsyourdaytoshine.com>

Coming Up Next ...

Watch your email tomorrow for the link to Week Four – Day 5 in the kitchen – Shelves & Closets.

Previous Lessons information goes here –

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.

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

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

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

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

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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.

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](#)