

# **Welcome to the Spring Into Spring Challenge!**

## **Week Four – Day One Kitchen Declutter**

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## Week Four - Kitchen

### 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 bathroom 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

- Dust and Clean Walls
- Clean Fans, Vents, and Fixtures
- Wipe Tops of Cabinets and Fridge
- Clean Windows and Screens
- Clean Out Cabinets
- Clean Oven and Cook top
- Reorganize and Wipe Down Pantry
- Clean Fridge and Freezer
- Throw Away Old Food
- Clean Counter Appliances
- Wipe Down Counter and Table
- Clean Out Sink, Drains, and Disposal
- Sweep or Vacuum, and Scrub Floor

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## **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**

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
- Throw Away Old Food
- Throw away or give away unused utensils, appliances, etc.
- Wipe Down Counters and Tables
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- \_\_\_\_\_
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*It's Your Day To Shine!*

*Jan  
Ferrante*

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**Coming Up Next ...**

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

**Previous**

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

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**Week 3 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](#)