

Welcome to the Spring Into Spring Challenge!

**Week Four – Day 6
Catch Up!**

**Jan Ferrante
Step Up Productions**

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



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Week Four – Day 6 Catch Up!

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

Give your kitchen a once over and see what you would like to do today.

What would you like to go more in depth with?

What do you need to pick up or put away from this weeks activities?

Do what you can in 20 minutes.

If there is still more that you would like to do, you can always pick it up again in Week 6 of the challenge, that week is dedicated to catch up.

Today's Assignment

Catch Up!

After you have decided what you would like to catch up on, simply follow the instructions for what you are doing.

If you are continuing to declutter, recap the declutter instructions etc.

Remember, we are looking for progress, not perfection.

Take tomorrow off. Enjoy your new spring fresh bathroom. You deserve it!

MAKE IT EASIER

I've found that this week has been made easier for me because I have been keeping up with my Queen of KAOS BOOST Circuit.

It's the system that I use to keep things in order around here. Without it, things revert back to KAOS with a capital K in no time.

The complete system is included in my Queen of KAOS Life Systems Manual that will be out soon, meantime, I've created a guide that outlines how to do the daily BOOST Circuit to keep things nice.

The Spring Into Spring Challenge was modeled on it, using consistency and routine to get in and get out as fast as possible, with no muss, or no fuss.

You will find it very useful to keep your bathroom nice, and also you will find that the coming rooms will be easier to get through if you use it.

I like to do about ½ hour per day on the BOOST Circuit, sometimes divided into 15 minutes am and pm – not counting dishes.

And as a thank you for joining me in the program, Spring Challengers get it for ½ price.

[Get your BOOST Circuit Guide for \\$5.](#)

Don't forget your coupon code, it's 354EA.

It's Your Day To Shine!

*Jan
Ferrante*

Jan Ferrante

<http://www.itsyourdaytoshine.com>

Coming Up Next ...

Watch your email the day after tomorrow for the link to Week Five – Day 1 – we are decluttering the kitchen cupboards.

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.

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.

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](#)