

Welcome to the Spring Into Spring Challenge!

Week Four – Day Two Kitchen Surfaces

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



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Week Four – Day 2 Kitchen Surfaces

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

Get your cleaning caddy and be sure that it includes a duster (feather dusters are ideal, if you don't have one, be sure that you have a dust rag and/or microfibre cloth) and what ever you use for furniture and surface cleaner.

I dust my furniture with a very slightly damp cloth, you may want to be sure that is safe for your furniture, and I wash surfaces including mirrors and windows with a spray bottle containing water and a few drops of a pure essential oil – what ever I am in the mood for.

If you work with essential oils be sure to follow the same safety rules as you would with any cleaner or chemical in your home – keep them well away from children, some can be irritating and damaging, a few can be deadly.

A NOTE ON CLEANING WINDOWS AND MIRRORS WITH AN ESSENTIAL OIL SOLUTION – I do mine by washing first with a rag and plain water, or soap and water. I then wipe with old newspaper, the newsprint is messy on the hands, but it gives a good shine. It's a trick that I learned from my dad, a truck driver who swore by it when washing the windows on his rig.

Again, always be safe. Be sure to spray away from you and to keep it away from small hands.

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 indepth reading.

Start from the top and work down, to keep from having to clean the same areas over again. If you wipe out the cabinets after scrubbing the countertops, you will probably have to clean the counters again.

While your window treatments are out of the way, clean your windows and screens. Make sure to do both the inside and outside, to keep the room feeling bright and cheerful. Leave the windows open once the screens have been replaced, to let some fresh air in and the fumes of the cleaning products out.

Now you can wipe down your counters, backsplashes, and tabletops. Use a disinfecting cleaner or a bleach and water solution to sanitize food prep surfaces. Don't forget to move the appliances, canisters, and such to clean under and behind them.

Bathroom

- Wipe Tops of Cabinets and Fridge
- Clean Oven and Cook top
- Clean Out Sink, Drains, and Disposal
- Reorganize and Wipe Down Pantry
- _____
- _____
- _____
- _____
- _____

Today's Assignment

Deep Clean Surfaces

Today is going to be intense. You may have a few minutes tomorrow if you can't finish it all.

You will have gotten rid of a lot of clutter yesterday, so cleaning your surfaces shouldn't be too hard.

Circle around your room – remove items from one surface at a time – wipe with a damp rag and your favourite environmentally friendly cleaner, items and the surface that you are working on.

If you have any table cloths etc, put them aside to wash tomorrow with your bedding and curtains – that's tomorrow's task.

Spray and wipe door handles, light fixtures, mirrors, windows etc.

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!

*Jan
Ferrante*

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<http://www.itsyourdaytoshine.com>

Coming Up Next ...

Watch your email tomorrow for the link to Week Four – Day 3 in the kitchen – Washing Linens etc.

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.

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](#)

