

Welcome to the Spring Into Spring Challenge!

Week One – Day Four Bedroom Floors

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Week One – 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.

Hit the floor and take a look under the bed. This is another place where lost items tend to migrate and hidden treasures can be found. Be sure to get rid of the trash and forgotten items here, as well, and return everything else to its rightful home. Then you can vacuum under the bed to get rid of the dust bunnies.

Finally, you can clean the floors. Vacuum well, or sweep hardwood flooring. If you have carpet, you might want to use a steam cleaner or carpet shampooer if the rug is exceptionally dirty. For hardwood floors, take out any throw or area rugs and clean them. Then scrub the floor as to the recommendations for your particular flooring type.

Bedroom - Floors

Clean Under Bed

Sweep/Vacuum Floor

Mop/Steam Clean Floor

Today's Assignment

Floors and under the Bed

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

Vacuum, 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.

If you have stuff under your bed it will take longer, another plus to be being diligent in the declutter segment.

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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Coming Up Next ...

Watch your email tomorrow for the link to Week One – Day 5 in the bedroom – Shelves and 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.