

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

**Week One – Day 6  
Catch Up!**

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



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## Week One – 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 bedroom 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 bedroom. 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 bedroom 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

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**Coming Up Next ...**

Watch your email the day after tomorrow for the link to Week Two – Day 1 – we are decluttering the Living Room.

**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.**