

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

## **Week One – Day One Bedroom Declutter**

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# Week One - Bedroom

## 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 bedroom 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.

### Bedroom

- Clean Out Closet
- Clean Out Dresser
- Neaten Dresser and Night Stand
- Clean and Sort Toys, Books, and Games
- Wipe Down Walls
- Clean Windows
- Dust Knickknacks, Tables, and Dresser
- Clean and Turn Mattress
- Clean Under Bed
- Sweep/Vacuum Floor
- Mop/Steam Clean 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 Bedroom**

We'll start with the bedroom 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

- Declutter surface areas and piles.
- Clean Out Closet
- Clean Out Dresser
- Clean and Sort Books, Magazines etc.

*It's Your Day To Shine!*

*Jan  
Ferrante*

Jan Ferrante

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### **Coming Up Next ...**

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

### **Previous**

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

