



BATHROOM

KISS 52 *“Our most valuable asset is time, and successful achievers spend this precious commodity more carefully than money.” Zig Zigler*

Do two, four or maybe more, then pat yourself on the back!

YES, INDEED!

- Clean the sink and polish the faucet
- Clean the toilet
- Clean the tub/shower

YOU CAN DO IT!

- Dust the baseboards
- Soak and rinse out the soap dishes tossing the soap slivers
- Clean the inside of window

GOOD FOR YOU!

- Clean the floor
- Clean the shower door or curtain
- Clean the mirror



Change is a process, not an event.





ANY BEDROOM

KISS 43 *“The past is a place of reference, not a place of resident.” Willy Jolly*

Do two, four or maybe more, then pat yourself on the back!

YES, INDEED!

- Expose the surface of the whole floor by clearing all clutter
- Remove everything from the room that doesn't belong
- Clear clutter from the top surfaces of furniture

YOU CAN DO IT!

- Change the bed sheets, if necessary
- Dust and/or polish furniture surfaces
- Hang up or put clothes away in a drawer

GOOD FOR YOU!

- Dust the overhead fan and/or light
- Clean the inside of windows and wipe the sills
- Dust frames



Persistence gets us there.





CLOSETS

KISS 38 *“Whatever you can do or dream you can, begin it; boldness has genius, power, and magic in it.”* Goethe

YES, INDEED! BEDROOM CLOSET

- Clear the floor and clean
- Gather all empty hangers and store in laundry room or area
- Remove any unnecessary items

YOU CAN DO IT! BEDROOM CLOSET

- Throw out any wire or broken hangers
- Group clothing items by type
- Use a “Give Away” box on the floor to empty and take away when full

GOOD FOR YOU!

- Straighten your Linen Closet
- Coat Closet - choose a shelf to straighten and remove items that belong elsewhere
- Utility Closet - group, contain and label



When you choose the behavior, you choose the consequences.





KITCHEN

KISS 54 *"It takes as much energy to wish as it does to plan."* Eleanor Roosevelt

Do two, four or maybe more, then pat yourself on the back!

YES, INDEED!

- Spot clean around trash container
- Clean the window and wipe the sill
- Discard old food in refrigerator

YOU CAN DO IT!

- Clear the counter tops to expose the surface - remove the least used appliance
- Sweep/vacuum the floor
- Mop or spot clean the floor

GOOD FOR YOU!

- Wipe off counter tops and table
- Shine the sink and the faucet
- Clean the stove top, especially the burner pans



Make your kitchen the best it can be . Consider each area, how is it being used?

Do you have a dish center? Is there a cooking center?

