

MASTER BEDROOM

IMPORTANT REMINDER FOR EACH ROOM/AREA YOU DECLUTTER/CLEAN... If you haven't needed it, worn it, looked at it, or used it in a year (6 months if you really want to be ruthless) than GET RID OF IT! Quit keeping them *INCASE*... Jesus may come back before you use them, so bless someone else and give them away!

Before beginning, make sure you have a:

- "KEEP" box (to go through after you're done with the room)
- "THROW" bag
- "BLESS" bag (for garage sale or to give away)

Keep those words in mind while you're cleaning/de-cluttering/organizing each room! "Keep, Throw, Bless"... MEMORIZE THEM... TAKE THEM TO HEART... THEY ARE YOUR FRIEND! (Tee hee...)

To make sure you have as little interruption as possible, the following ideas are helpful as well:

- have your phone in your cleaning kit (so it doesn't get lost) or let the answering machine get it (which is what I would suggest so you don't get stuck talking on the phone!)
- have water to drink (you could have little water bottles for the kids too if they're helping)
- music to get ya movin'
- your organizer with the "To Do" List filled out so you can be checking things off as you go

Okay... after you've done that, it's time to get cleaning! The following is a list of ideas that might help in cleaning your master bedroom:

- Begin by taking a picture of the room before you get going... seriously... TAKE A PICTURE! This will be evidence... um, I mean, this will be an encouragement when you're done and you see what you've accomplished!
- Start in the furthest corner of the BEDROOM. Begin the "bulldozing" process, top to bottom (or whatever method you choose... the bulldozing process is simply moving through the room like a bulldozer... starting at the top and working your way to the floor in continually moving to the doorway putting things in the designated Keep, Throw, Bless boxes/bags).
- Get any cobwebs or dust bunnies off the ceiling, ceiling fan, or light fixtures. This might be the time you decide to wash the light fixtures as well. (Bugs are NOT supposed to be in there by the way... did I just reveal something?...)
- Do your curtains need washing? Take them to the washing machine if so and get that load going while you continue to clean. (*Note: MAKE SURE THAT YOUR CURTAINS/DRAPERY IS WASHABLE! The first time I did mine, they shrunk about an inch!*) If you have blinds, what do they look like? Taking them down and washing them either outside or in the tub is an easy way to get them clean. They can just sit in there and soak. A sponge should get them clean by just wiping. Don't forget to rinse them.
- While you have your window treatments down, wash those windows and window sills (trim work).
- While you're washing, take your bedding off as well... ALL of it. Sheets may get taken care of on a regular basis, but now is a great time to do it all! If you're having great weather, hanging

them on the line is a “special treat” for my husband! He loves that smell (plus it will help you get it all done in a day... remember, you need to go to bed tonight!) If you have any decorative pillows on your bed, have they seen better days, or would some stuffing bring them new life?

- Do your walls need any touch up paint, or can you just wash the little handprints off? Don't forget the switch plates as well.
- Dust or clean (using cleaner) any wall hangings, lamps or phone in your room.
- We're on to the closet... (YOU CAN DO IT!)
 - Get your “Keep, Throw & Bless” boxes/bags ready! Be ruthless! Quit saving that outfit for when you loose weight. If it's an incentive, then it's okay... but if it's a constant downer for you, then it's time for it to go. We are working not only on the appearance of our homes, but our hearts as well and having something that makes you unhappy with yourself isn't good. If you need to loose weight, then make that decision, but having things in your closet that make you feel bad isn't worth it. Get rid of it!
 - Make sure everything you have you wear. An occasional outfit is fine, but how many things are in there that you haven't worn in 6 months? Bless someone else. (Remember, just because something is on sale, doesn't mean you have to buy it! Don't add to the clutter of your closet. As stay-at-home moms, it's nice to have a few things, but take a moment as you go through your closet to evaluate what you really like, and don't.)
 - Take a look at your shoes as well. Do the same thing with them.
 - If you have seasonal clothing that needs to get put away, then do so.
 - If your husband is fine with you going through his things, then go ahead and do so. If not, then make sure to ask him if he would take care of that this week.
 - As you go through your clothing items, make a list of things you need as well (for example, under garments or socks that are worn).
 - Don't forget to wash the outside of the closet doors as well.
- Dresser(s) or vanity:
 - Follow the same steps as your closet. Take one drawer at a time (now is a great time to add any “scented paper” to the bottom if you like). Take everything out and then put back whatever you're keeping... neatly.
 - After you've gone through all the drawers, dust/polish your dresser or vanity.
 - Wash the mirror (or any others in the room) as well.
- Time to get down and dirty... move that furniture and clean out underneath! Your bed should not be a “catch-all” for things under it! There are wonderful storage bins to fit under beds. If you need a place to store extra blankets, papers, etc. then these can be a wonderful thing to keep things under control under your bed!
- Wipe/wash the trim work (baseboards) off (a great job for the kids as well!).
- If you have a rug, then take care of that, do you need to take it out to shake, vacuum or shampoo it?
- Don't forget your vents. Depending on what kind you have, do you need to take the hose to them and vacuum them out?
- Finish by vacuuming (or washing/scrubbing your floor if you have hardwood).

- Dust/polish your headboard and then put your bedding back on the bed.
- Wash the door to your room.
- Once you've finished the room, take your "KEEP, THROW, BLESS" bags and boxes out. This is important! Put the garbage one in the garbage... DO NOT leave it by the door for later... DO IT NOW! If you're going to give the "Bless" bag to charity, or something similar, then put it in the vehicle RIGHT NOW! If you plan on having a garage sale, then take it to the garage, and put the "Keep" box in a place where you will go through soon (while watching TV is a great time to do this, or in the evening while the kids are in bed... put some music in and spend time with the Lord talking about the day).
- Take an "after" picture! (I like to light a smelly candle after I've cleaned a room. Just an added touch for my husband to walk into when he gets home. Another touch could be flowers too.)
- Step back and pat yourself on the back! Great job! "X" it out on the "**Clean Heart, Clean Home Challenge**" **At A Glance Calendar!**