

Ú letter from DAKRI



The flowers are blooming, the birds are serenading, and our house still feels like it's stuck with winter blues.

Spring cleaning is a tradition that allows us to freshen up our homes and get a head start on the hectic seasons of spring and summer.

Originally, spring cleaning was a grueling ritual made necessary by long winters of heating with wood, kerosene and candles that left a layer or soot and grime throughout the home.

Today, spring cleaning is much less an onerous chore and more an opportunity to throw open the windows, let some fresh air in, and make our homes clean, happy and efficient spaces.

From my family to yours- happy cleaning!

Dakri



Listen To Music

Whether you choose the radio, an mp3 player, or your favorite playlist on the computer, music will help you be more excited about cleaning. Choose upbeat music, it will make you work faster and as an added benefit it can count as light exercise.

Wear Real Clothes

Not your best clothes of course, but not pajamas. Really getting dressed down to comfy shoes can help tell your mind that you've got work to do. If you start cleaning in your bed pants and house shoes, it may be more difficult to take the work seriously, and therefore get it done quickly.

Set a Deadline

Invite someone over for dinner. You'll be more motivated to clean because you have to get it done by a certain time. Be careful to give yourself enough time to actually get your cleaning done. You can also use a timer. This works really well with kids. Try to beat your last "record" for cleaning. Kids will actually get excited trying to beat the clock.

Give Yourself a Reward

This can be something you purchase..."If I finish my daily cleaning, I can buy that new book I've been wanting." Or, it can be time doing something you really enjoy..."When the master closet is reorganized, I can spend two hours scrapbooking." Creating a reward for yourself when you've finished a dreaded chore can be a great motivating tool.



Organize and Clear the Clutter

One of the biggest parts of spring cleaning is getting rid of clutter that you don't need. Now is a good time to advantage of the natural spring urge to get rid of items that are weighing you down and begin fresh with a more streamlined lifestyle. A systematic four-step approach to identifying problems, analyzing reasons, determining solutions, and implementing remedies can be extremely productive at this time of year. Sorting your belongings into four categories —throw-away, give-away, store-away, or put-way—can also be effective as you begin the spring-cleaning process.

Now is a great time to plan a garage sale or to donate items to good causes. Cleaning will be a lot easier when the clutter is gone.

Get the Family Involved

If you need a little help in your cleaning endeavors, get your family involved. Even the most unwilling helper can make a big difference in the workload. Don't worry: There are ways to deal with even the most reluctant helpers. This is actually a great time of year to get the entire family to work together. Try throwing on some music or establishing a family reward as an incentive to get the work done.

Tackle the Seasonal Chores

There are some special chores that need to be done seasonally. We ignore them for most of the fall and winter, but now it is time to bite the bullet and get these things clean. Even though these chores only need to be done once or twice a year, they will help your home run look better and run smoothly. Outdoor chores like cleaning grills, patios, and windows can be a little intimidating, but there are some simple tricks that can keep the jobs manageable.



We all aspire to a more streamlined life, but getting rid of the clutter in your home is not as easy as it sounds. Even the things we might have used only once or twice seem to call out to us with its greater purpose in the scheme of our lives once faced with the trash can. With this simple-to-follow method, with a little willpower, it is possible to give clutter a life far away from yours.

Find 4 boxes and label them with the 4 categories:



Throw Away: This box should include any item that you do not need or want, but that is not worth donating or selling. Damaged and broken items should be included in the trash if they are not worth someone buying it and repairing it.



Give Away: Here is your chance to be generous. Think about the uses someone else might get out of the items vs. the use it gets in your home buried in cabinets or closets. You should also consider the financial benefits of selling your stuff at a garage sale.

Store Away: This is where you put items that you cannot part with but do not need on a
regular basis. Make an inventory of the items as you box them. Group similar items together.
Remember one good way to clean out closets is to store out of season clothing.

put

Put Away: This should be your smallest category. These are items that need to be out on a regular basis. Monitor yourself by determining if you have a place for each item. If the items in this box will not fit into your home without cluttering an area up, try to reassess if you really need them. If you do need these essentials, try to come up with a storage solution that fits into your home.



Working room by room, sort items into the appropriate boxes. Work with one item at a time determining its proper place in your newly organized life. Do not forget to go through closets, cabinets, and storage spaces. Removing clutter from rooms like the kitchen and bathroom may be very easy to do, while rooms with storage containers and closets may take a lot more time.

Work on one room at a time to provide yourself with an easy stopping point for interruptions. When you come to a stopping point, be sure to throw out the trash immediately. Box up the storage box. Place the giveaway/sell box in the garage, or out of sight. If you allow yourself to contemplate the decisions you have made, your brain can trick you into rescuing the clutter.

Things To Remember

Items are not equivalent to memories of the person who gave them to you, but pruning items with an emotional attachment can be difficult. Consider carefully if you need the item to have the memory or emotional attachment. If you simply aren't sure, consider storing items on a trial basis, or giving them to another family member for safekeeping.

Get rid of old clothing even if it's the size you used to be and hope to return to. It's tempting to keep them for when you reach your goal but think about instead rewarding yourself with a new wardrobe when you get to your goal weight.

Keeping things just because you might need them someday may seem like a good reason for clogging your closets. Remind yourself that what you really need is space and organization.

Kitchen

- ___Open windows.
- ___Remove and clean window coverings.
- ____For each cabinet or drawer: Remove items, wipe out drawer, place items back neatly.
- ___Wash and sanitize cutting boards
- ___Wash cabinet doors and knobs
- ___Clean and organize pantry.
- ___Check food expiration dates.
- ___Clean oven.
- ___Clean stove top. Remove elements and drip bowls, if applicable, wash and put back.
- ___Clean and organize fridge and freezer.
- ___Check food expiration dates.
- ___Clean under fridge and stove.
- ___Vacuum refrigerator coils.
- ___Clean microwave.
- ___Clean crumbs out of toaster.
- ___Wipe down any other counter appliances
- ___Wash and shine sink. Shine faucet. Clean drain.
- ___Clean Dishwasher with vinegar.
- ___Dust light fixtures.
- ____Wash windows and window sills. Remove window screens and wash.
- ___Wash switch plates.
- ___Wash walls and trim as needed.
- ___Wash doors and door knobs.
- ___Wash counters and back splash.
- ___Wash floor registers and other vent covers
- ___Sweep and wash floor.

Dining Room

- ___Open windows.
- ___Wash curtains.
- ___Wipe down table and chairs.
- ___Wipe down or dust other furnishing.
- ___Clean chair
- ___Polish table, if necessary
- ___Create a pretty spring vignette on table!
- ___Dust any displayed china or serving dishes.
- ___Launder table linens.
- ___Shine silverware.
- ___Dust art.
- ___Wash windows and window sills. Take out and wash window screens.
- ___Wash switch plates
- ____Wash walls and trim.
- ___Wash doors and door knobs
- ___Wash floor registers and other vent covers.
- ___Clean floors.

Your Spring Cleaning Guide

Living Room

- ___Open windows
- ____Vacuum sofas
- ___Spot clean sofas, if applicable
- ___Launder throw pillows and blankets
- ___Dust shelves, furniture and decor
- ___Clean lamps and lampshades
- ___Wash windows and window sills
- ___Take out and wash window screens
- ___Clean television screen
- ___Carefully dust electronics
- ____Tidy electronics wires. Tuck nicely out of sight

____Sort through music and DVD collections. Purge things that no longer suit your families interests. Organize what is left in an attractive manner

____Sort books and magazines. Donate or recycle ones that no longer suit your families interests

____Wash hard plastic children's toys with warm soapy water. Rinse and dry. Launder stuffed toys. Donate or store toys that your children have grown too old for

- ___Wash switch plates
- ___Wash walls and trim as needed
- ___Wash doors and knobs
- ___Wash floor registers and other vent covers
- ___Clean floors



Your Spring Cleaning Guide

Laundry Room

- ___Open windows
- ____Wash windows and window sills
- ____Take out and wash window screens
- ___Wash cabinet doors
- ___Wash inside cabinets
- ____Wash laundry sink. Shine faucet. Clean drains
- ___Wash outside of washer and dryer
- ___Wash inside of washing machine
- ____Wash lint trap with soap and water to remove filmy build-up from laundry soaps and

dryer sheets. Let air dry thoroughly before putting back in place

- ___Wash switch plates
- ___Wash walls and trim
- ___Wash doors and door knobs
- ___Wash floor registers and other vent covers
- ___Sweep and wash floors
- ___Reseal grout lines, if applicable



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Bathrooms

- ___Open windows
- ___Wash windows and window sills
- ____Take out and wash window screens
- ___Wash cabinet doors
- ___Wash inside cabinets
- ___Dust down the ceiling and corners
- ___Dust the vents and fans
- ___Scrub the shower and tub
- ___Clean/wash shower curtain
- ___Scrub down the toilet
- ___Vacuum Out the Closet
- ___Wash down the sink and fixtures
- ___Clean out underneath sink
- ___Wipe Down Light Switches, Fixtures
- ___Shake out bathroom rugs/wash
- ___Clean Windows and Mirrors
- ___Empty and wash out the trash can
- ___Go through any junk drawers you may have and clean them out
- ___Clean the Floors/Vacuum the Carpet

Bedroom

- ____Pick Up and Put Away All Clothes, Books, Belongings
- ___Strip the Bed
- ___Launder the Bedding
- ___Flip the Mattress
- ___Push Aside the Bed and Clean Under It
- ___Vacuum Out the Closet
- ___Dust all Surfaces
- ____Wipe Down Light Switches, Fixtures and Ceiling Fan
- ___Dust down the ceiling and corners in the master bedroom.
- ___Clean Windows and Mirrors
- ___Wash Curtains or Clean Blinds
- ___Remake the Bed
- ____Go through any junk drawers you may have and clean them out
- ___Clean the Floors/Vacuum the Carpet



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•Kids Room Playroom

- ___Pick up all trash
- ___Find everything that belongs in another room
- ___Put away things that are on the floor
- ___Put away the things on the desk, dresser and nightstand
- ___Dust
- ___Clean any glass
- ___Change the sheets
- ____Make bed
- ____Pick up all dirty clothes
- ____Refold or rehang all clean clothes
- ___Wipe down door and trim
- ___Clean windows
- ___Clean Curtains
- ____Vacuume/mop



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Your Spring Cleaning Guide



- ___Sweep/vacuum stairs
- ___Spot clean walls
- ___Wipe down handrail
- ___Dust art and light fixtures

Outside

- ____Sweep porches and walkway
- ___Wash thresholds
- ___Wash exterior doors
- ___Give front door a fresh coat of paint, if necessary
- ___Clean or replace welcome mat
- ____Wash siding
- ___Change any burnt out light bulbs





If you have last-minute hosting duties or have just forgotten to clean the house in a while, use the 15-minute cleanup plan for any room (or all of your rooms). Try setting a timer and doing it all in 15 minutes.

How a 15-Minute Cleanup Works

A 15-minute cleanup works because it recognizes that there are three types of items you need to clean up in a room. Everything falls into one of three categories:

- 1. Trash
- 2. Things that don't belong in the room.
- 3. Things that belong in the room, in a different place.

Having only a few categories to sort items into makes a pickup run more smoothly. The 15minute cleanups also work because they are designed to maintain a room. Having a quick cleaning session in a room several times a week will keep your home looking great between more intense cleanings.

What a 15-Minute Cleanup Is and Isn't

A 15-minute cleanup is a brief step-by-step guide to cleaning a room in 15 minutes or less. While the room may not be white glove clean, it will be presentable to guests. Quick cleanups are a great way to maintain a home in between more thorough cleanings. These cleanups include step-by-step instructions, a list of supplies, tips, and links for more thorough information.

A 15-minute cleanup is not the only cleaning regimen you'll need to keep your home in tiptop shape. It's not an intense cleaning, but only a brief pickup of a room. To really keep a home clean, more thorough work will need to be done according to your cleaning schedule. Before intensely cleaning a room, it's a good idea to start with that room's quick 15-minute cleanup.



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