



Ready, Set, REFRESH!

PREMIER SENIOR MOVE MANAGEMENT
& FULL-SERVICE HOME ORGANIZING

Kitchen Reset Blueprint

Micro-Zone Edition

Phase 1: Purposeful Preparation & Set Up

- [] **Map Out Your Zones:** Visually divide your kitchen into small, manageable micro-zones (e.g., spice cabinet, under-the-sink, tupperware drawer, baking sheets).
- [] **Establish Action Zones:** Set up designated staging areas on a counter or table labeled: Keep, Donate, Sell, or Discard.
- [] **Gather Your Tools:** Bring in empty bins, micro-fiber cloths, a label maker, and heavy-duty trash bags before you begin.
- [] **Set a Timer:** Commit to tackling just one counter or two small drawers per session to prevent decluttering burnout.

Phase 2: Streamlining & Decision Making

- [] **Work Zone-by-Zone:** Focus exclusively on your first chosen micro-zone, leaving the rest of the kitchen counters and cabinets completely untouched.
- [] **The Empty-and-Evaluate Method:** Empty the chosen drawer or cabinet completely so you can look at the space with fresh eyes.
- [] **Ask Clear, Gentle Questions:** Evaluate each tool, gadget, and dish individually by asking: Have I used this in the past year? Do I have multiples of the exact same item? Does it support my current cooking habits?
- [] **Check the Expirations:** Move to the pantry or spice zone and quickly check dates, immediately discarding expired pantry staples, stale snacks, and old spices.

Phase 3: Out with the Old – Final Details

- [] **Clear the Staging Ground:** Empty your staging bins after each zone session so items don't migrate back into your active kitchen workspace.
- [] **Complete the Donation Run:** Pack up duplicate small appliances, extra dishware, or unopened, unexpired non-perishables immediately to drop off or donate.
- [] **List Items for Sale:** Take clear photos of high-quality kitchen gadgets or fine china meant for consignment or online sale, and store them completely out of the kitchen area.
- [] **Deep Clean the Zone:** Wipe down the inside of the empty drawers and sticky cabinet shelves before putting anything back.

Phase 4: Functional Setup & Systems

- [] **Prioritize Prime Real Estate:** Place your most frequently used items (daily coffee mugs, favorite skillets) at eye level or in easy-reach drawers.
- [] **Organize Systematically:** Group like-with-like items together (baking items in one spot, food storage containers in another) to create an effortless daily cooking flow.
- [] **The Container Match Test:** Only return food storage containers to the cabinet if they have a matching, tight-fitting lid; stack them nested to save space.
- [] **Clear Labeling:** Apply high-contrast, large-print labels to bins, bins inside the pantry, and lazy Susans so the new organization system is simple to maintain.

Let's Navigate Your Next Chapter Together

Contact: Tina Priestly | Phone: (571) 269-8988 | Email: tinampriestly@gmail.com
Website: readysset-refresh.com | Serving Prince William County, VA & the greater DMV Area

Ready, Set, REFRESH! — A No-Judgment Zone Offering Move Management, Senior Transitions, Decluttering, and In-Home Staging.