

WEEK 7:

Shine Your Sink



Chef Habit: *Overcome Procrastination and Shine Your Kitchen Sink*

Get rid of the chaos in your kitchen one step at a time! It is a tiny, yet essential Chef Habit that will complement and act as a catalyst for most of our 52-week routines.

WHY: Overcoming procrastination is an integral part of the 52 weeks. Obesity over the years has often been described as a disease of procrastination. Some fascinating statistics and studies by Piers Stell, one of the world's foremost speakers and researchers on the science of procrastination and motivation, support this theory.

During his ten year study that was released in 2007, he showed a close relationship between procrastinators and far reaching personal problems. He found out that increased procrastination makes us fatter, unhealthier and less wealthy.

HOW: According to the queen of housekeeping, Marla Cilley (better known as Flylady), it all starts with your kitchen sink. Her "shine your sink" concept is a great habit to begin! She states that even in a chaotic kitchen, the cleaned-out sink delivers positive reinforcement to the person who cleaned it. This will give you an important sense of accomplishment.

The process of cleaning and drying the sink should take you less than 5 or 10 minutes (depending on the size of your household). Decide upon a reasonable time for you to stop using the kitchen sink before going to bed.

Step 1: Set a timer for 5 (or 10) minutes.

Step 2: Load the dishwasher with dirty dishes.

Step 3: Clean your sink with water and dish-soap using a non-scratch sponge. Rinse.

Step 4: Spray the sides and faucet with cleaner and wipe everything dry. Dry the inside of the sink as well.

Your immediate reward will be an important sense of satisfaction. With this easy 4-step habit change, your sink will greet you each morning and put a smile on your lovely face. Develop this little routine every night to completely clean your kitchen. Clean off the counters, load dirty dishes in the dishwasher, and swab and dry your sink until it's shiny.

For accountability, make yourself a picture of your shining kitchen sink once it is clean. You can send the pic to me or share it on the LeanJumpStart Facebook page. I'll then publish it in my "kitchen sink" hall of fame! On the next page I proudly present some clean and shining kitchen sinks from Carla, Pam, Sue, Valerie and me.

Aren't they beautiful? Let them inspire you!

