

“Spring Clean” Your Life

What to Know

Spring is a great time to deep clean your home. But have you considered that you can also spring clean your life? Perhaps your New Year’s resolutions are long forgotten and with the changing season you want to refresh your life. You probably know how to spring clean your home, but what does it mean to spring clean your life? Here are some ways you can freshen things up.

- 1. Clean up your relationships.** How are your relationships doing? Maybe it’s time to end a toxic relationship or get in touch with old friends. Think about how you can better prioritize spending time with loved ones.
- 2. Rediscover (or work on) your skills and talents.** Are there skills and abilities you’d like to focus on? Perhaps you can polish your skills by taking a course.
- 3. Clean up your finances.** Now is a great time to review your budget and decide if you’re happy with the money coming in and the money going out.
- 4. Declutter your mind.** Perhaps you suffer from decision fatigue. Maybe you’re overwhelmed by the 24/7 news feeds or continuous social media posts. You can turn off device notifications, spend time meditating, or do any activity that shuts off your racing thoughts and overthinking.
- 5. Clear your schedule.** Think about how you want to spend your time and energy. If you are struggling to fit everything in, it might be time to schedule time for yourself and cancel or delay non-urgent tasks, meetings, and appointments.
- 6. Refresh your diet.** Switching up what you eat can help you feel more energized and less fatigued. This is a great time to eat lighter meals and visit farmers’ markets for fresh produce.
- 7. Get rid of physical clutter.** Donate, recycle, or throw away things you no longer use. Keep only the clothes that you like and that fit you well.
- 8. Create a plan.** Where do you want your life to be in one, five, or even ten years? What do you need to do to get there?
- 9. Find inspiration.** Identify some uplifting affirmations and write them on post it notes. Stick them around your home or office.
- 10. Clean all your spaces.** Not only can you clean your home, but your car, desk, and any place you spend time will benefit from a good cleaning.
- 11. Redefine your core values.** Reflect on this year so far. How are things going? What can you do to move forward? What can you let go of?
- 12. Change your attitude and mindset.** Check in with yourself and identify how you can improve your attitude or mindset.
- 13. Change your routines.** Consider your day-to-day schedule and try new ways of doing things.
- 14. Find a new hobby.** Want to meet new people and do something fun? Explore local clubs or groups that do something you think you might enjoy.
- 15. Clean up your devices.** Clear the digital clutter or anything that overwhelms you, including anything on your phone, tablet, computer, and social media. Clear out apps, contacts/people, photos, and so on. Unfriend, unfollow, and unlike pages or people. Unsubscribe to TV channels, digital subscriptions, magazines, mail, emails, and so on.

What else can you do? Write down some ideas.

What to Do

Now that you have an idea of what you can do to spring clean your life, write down your top three goals. Refer to the list for ideas.

1. _____

2. _____

3. _____

Now think about the benefits of achieving those three goals. Write down one inspiring benefit for each goal.

1. _____

2. _____

3. _____

What are three daily success habits you can add to your life that will support you in achieving your spring cleaning goals? For example, you might want to wake up 30 minutes earlier each day if your goal is to take a morning walk outside in nature.

1. _____

2. _____

3. _____

What are three things you might need to let go of to achieve your goals? This might include limiting beliefs, bad habits, or draining people.

1. _____

2. _____

3. _____

For each of your three spring cleaning goals, write down three action steps you can take to achieve each goal.

| | |
|---------|----------------|
| Goal #1 | 1. 2. 3. |
| Goal #2 | 1. 2. 3. |
| Goal #3 | 1. 2. 3. |

Completion date for Goal #1: _____

Completion date for Goal #2: _____

Completion date for Goal #3: _____

What (or who) can support you in spring cleaning your life?

What can you do to stay on track? For example, you might reward yourself each time you achieve a goal.
