

# Spring clean your life

By Lara Williams



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Do you know that the clutter in your home says something about the clutter in your heart and mind? Are you collecting dust or dreams?

Our minds are much like our homes. They both get cluttered with old ideas, old attitudes, old conversations, old hurts. Both need a routine cleaning out of stuff that we collected for one reason, and are holding onto out of habit, neglect, or just sheer willfulness.

Pursuing a simple, sustainable, flexible, happier lifestyle means that you have to choose it. And that means choosing to lose some other things. It means getting rid of things that no longer work for you, updating the way you do things, freeing up some space for new and exciting opportunities and challenges. Let me offer you a hand with some cleaning tips:

### 1. Make being happy your lifestyle. Practice happiness by:

- The words you speak
- Living in the present
- Being thankful
- Helping and caring for others
- Living with a purpose

Happiness is a lifestyle, a choice you make that must be practiced every day. Happiness comes from within. Like everything else, you – and you alone – have control over your happiness or lack thereof.

### 2. Appreciate the “now” and live in the moment.

Do you notice when the buds begin to bloom in springtime? If you do, great! If not, why not? It’s one of those little things that puts a smile upon your face and makes you feel good to be alive. You say you don’t have time? Well then, take the time and slow down. When we choose to slow down and really experience the gifts in our lives, we get a whole new perspective on what living’s all about. Opportunities come in many shapes and forms and it’s up to each and every one of us to take them and turn them into memorable moments. Some might manifest into great professional opportunities, while in our personal lives they can become wonderful moments to be cherished forever.


### 3. Stress-time management.

More time plus less stress equals a balanced life, but how? We all are concerned about our wellbeing, yet we are sometimes too busy to do anything about it. So the vicious circle is ongoing. Taking responsibility to make changes is up to you. If you’ve already started doing some writing in your journal, that’s great. If not read the list below. You might feel the need to hire a trainer, or coach, a nanny or even a part-time employee -- if that’s what it takes, then do it! Aren’t you worth it?

- Learn to say “no” in your personal and professional life
- Delegate when you can
- Take time every day for yourself
- Remember laughter is the best medicine

When this “spring cleaning” of life is completed, who knows what you will find under layers of dust or in the piles of paper? A sparkling new you! Wouldn’t you be willing to spend time to discover that?

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