

Spring Cleaning



Here are some things that you can do to bring new energy into your space (and your life!) in this new season. Even one task or new habit can make a difference:

- **Be clear about what's important to you** at this time and let that inspire your clearing and cleansing.
- **Put away the supplies and equipment of winter** - clean, label, and store for next year.
- **Weed your clothes closet** (be ruthless), change over or rotate your clothes.
- **Do that extra level of cleaning**, e.g. move furniture when dusting and vacuuming, wash the windows, reach into corners, clean carpeting, etc. Get help if you need it.
- **Make spring cleaning a fun family event, or swap services with a friend** - set aside time, have all supplies ready, play music, have healthy snacks and water to keep you going, and provide rewards at the end.
- If you are so inclined, **have a yard sale**. It creates a de-cluttering opportunity with a deadline.
- **Consider the environmental impact of the cleaning supplies you are using**. Try old-fashioned methods (Google: green cleaning recipes) and other eco-friendly options.
- **Clean out your financial house**: check your credit rating, retire 2010 tax materials and shred appropriate older tax documents, get a head start on collecting/recording 2011 tax data, record passwords in a safe place.
- **Clear your desk and computer**: weed paper files and your e-mail files and in-box, record passwords in a safe place, make sure that you are backed-up, and work on keeping your real and virtual desk-tops neat.
- **When you have completed one area, set your intention to keep it clear and clean**. Buy some fresh flowers to remind you of your intention and to celebrate!
- **Do some things to rejuvenate yourself psychologically and spiritually**: work on a new habit, cultivate gratitude and positivity, try some new activities or hobbies, practice meditation and mindfulness.