

Spring Cleaning and Renewal



Take advantage of the longer, lighter days and the spirit of change in the air, and do some **spring cleaning!** Decluttering and cleansing your environment can foster renewal and positive changes in your life.

Here are some ways to bring renewed energy into your space 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** - 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)**, and change over or rotate your clothes.
- **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, provide rewards at the end..
- **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. For best results, de-clutter before you clean.
- **Consider the environmental impact of the cleaning supplies you are using.** Try old-fashioned methods (Google: green cleaning recipes) and other eco-friendly options.
- If you are so inclined, **have a yard sale.** It creates a de-cluttering opportunity with a deadline.
- **Clear your desk and computer:** weed paper files, weed 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.
- **Clean out your financial house:** check your credit rating, retire last year's tax materials, and make sure you are set up to easily collect this year's tax data.
- **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.