

21 Ways To Spring Clean Your Life

It's that time of the year when we start thinking about spring cleaning our house, and maybe our lives. We think it's a great idea! Your New Year motivation is probably worn off and all you're thinking about is warm weather and how you want things to be fresh again. We couldn't agree more. Spring cleaning your home is pretty straight forward, but spring cleaning our lives? We need a little more direction for this.

HERE ARE 21 WAYS TO SPRING CLEAN YOUR LIFE:

Clean up your relationships. Think about how your relationships are doing. You may need to end some toxic relationships or get in touch with some old friends. Think about how you could to better prioritize your time for your loved ones.



Rediscover your talents. You are beautiful and gifted. You have talents that are so unique to you, show them off!

Straighten out your finances. Take a look at your money coming in and the money going out. Are you happy with it? How can you refresh your budget?

Declutter your mind. You may not know this, but you suffer from decision fatigue, every day. And so do we; our entire society. It's crazy. Try and declutter your mental state as much as possible. You will feel much lighter.

Clear your schedule. Think about where you need to be spending your time and energy. If you are trying to fit everything in, that may be a red flag. Schedule in time for yourself and only things that light you up. Everything else is secondary and unimportant. Spruce up your diet. Do you feel good? Switching up what you've been eating may help you to feel more energized, lighter, and less fatigued.

Get rid of physical clutter. As you're spring cleaning your home, start getting rid of the things that just collect dust. You know that junk drawer you hate opening? Start pitching!

Find your jam. You know that song. The one that when it comes on you just feel like you are on top of the world and you can do anything? Have it ready to play at a moment's notice to get you through difficult times.

Get rid of clothes that don't fit anymore. Stop holding onto things hoping you will fit into them. It only create negative energy and thoughts about yourself. Keep only clothes that fit you nicely in your closet.

Try a capsule wardrobe. You won't regret it!

Create your life plan. Where do you want your life to be in 1, 5, 10, 25 years? What do you need to do to get there?

Find some new inspiration. Make it your screensaver, or post it note your bathroom mirror. Surround yourself with beautiful words.

Spring clean all your spaces. Not just your home, but your car, your work desk, any place you spend your time.

Redefine your core values. Get back to the root of what makes you well, you!

Reflect on this year. How are things going? What can you do better to move forward? What do you need to let go of?

Check your attitude. Your mindset is everything. It affects how your daily life and also the lives of others around you. Make sure to check in with yourself and see how you could improve how you react to situations.

Change up your routines. Now is the best time ever to think about your day to day and maybe try a new way of doing things.

Find a new hobby. Want to learn a new language or start practicing yoga or painting? Do it!

Clear out your technology. Clear out everything that's clutter or contributing to negative thoughts in your life. Everything on your phone, tablet, computer, and your social media. Clear out apps, contacts/people, photos, etc. Unfriend, unfollow, and unlike pages and people that are negative. Fill your social media feeds with positive people and businesses that bring you light and love!

Have an unsubscribing session. Unsubscribe to TV channels, magazines, mail, emails, etc. that are no longer serving you.

Reclaim your inner peace. This may be best to keep as the last thing you do to spring clean your life. Get back to you.

Sometimes life just gets away from us and we can never catch up. It's ok. All we can do is our best and try to uncover some things that may have been buried in the busyness of life. We hope these are some useful tips for you as you think about refreshing life!

<https://www.akindjourney.com/articles/21-ways-to-spring-clean-your-life>

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