

Spring Clean Your Life

Spring is a great time to take a fresh look at our home, cleaning and organizing everything. So why not do the same for other areas of life? Take some time to evaluate your finances, your habits, your health, your schedule, or your relationships and decide what's serving you and what's not.



What's going great right now that you want to keep doing or improving on?

What are you doing right now because you think you *should*? What things do you feel you are simply tolerating or putting up with?

What do you really want in your life but don't seem to have time or energy for?

What in your life is frustrating you or draining your energy?

What in your life is bringing you more energy or joy?

Keep, Donate, or Toss

Now that you've reflected on what is and isn't serving you, make a list of what you want to keep (things that are working well or you want to do), donate (things that felt right in the past, but no longer do), or toss (things we've wanted to get rid of for a while that really need to go).



KEEP

DONATE

TOSS

Imagine your life without your donate and toss lists. How does it feel?