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Time to Declutter?



Yes, Spring has sprung and so, probably, has your patience for cleaning out the garage, closets and dust bunnies that

invisibly accumulated during the winter, but have now decided to hop into view!

What else lay dormant over the winter?

Spring cleaning is not only limited to dust bunnies and cobwebs in the house, but also in the mind.

Nag, nag, nag...



Are you putting something off because you are obligated to do it and/or being nagged (by your own mind or by

someone else) to do it, or, you just know you have to do it but can't find the motivation?

The **motivation** is what it's all about.

For the most part it is not about time. Don't tell me you don't have time. Get up from that repeat episode of Law and Order and sort your closet! Seriously, let's discuss some ways to find the **time and motivation**.

Figure out what you are doing **instead** of doing that which needs to be done - again whether **around the house or in life**. We find all kinds of things to justify our time when we're supposed to be doing something else - even when that 'something' would better our health (working out), or our bank balance (getting all that 'stuff' on eBay), or our mental health (attend a seminar, read a book or join a class).

Sit down and ask yourself the following questions:

1. "**What is stopping me from doing this?**"

Write down only the valid reasons (I bet there are not many). Do NOT write "I don't have time".

2. "**How am I going to feel AFTER I get this done?**" Write down as many lines as you can about how great it will feel once the chore is complete and behind you.

3. "**When can I get this started?**"

Look at the calendar and find a realistic time that



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Spring Gratitude

Hummingbirds are back

Trees are blossoming
(here in California)

I have enough work -
for which Macy's is also
grateful

My family is fit and well

My friends are good and true

Thought of the month

I challenge you to make your
life a masterpiece.

I challenge you to join the
ranks of those people who live
what they teach, who walk
their talk.

~ Anthony Robbins

you can complete this item. The sooner you can calendar it the more likely it will happen.

Rules of Decluttering:

1. Give the mental gremlins the old Heave-Ho.

All those doubts and voices telling you that you 'can't'

-- lob them into your mental furnace and incinerate them.

Ok, now that's over with, onto the REAL work...

2. Don't do more than one thing at a time.

Studies have shown that people don't usually have the motivation to do more than one project at a time if it is something they are not used to doing.

3. Make up a reason to declutter so you have to stick to it.

If you need to declutter the house, invite house guests or have a party -- anything that will make you clean up.

If you need to declutter your mind, tell someone who will keep you accountable for what you want to accomplish. Make this a person who will not judge you or want to put in their own \$0.02. ***Your life coach is the perfect nominee for this job.***

4. Reward yourself.

Do something nice as Kudos for getting it done. Maybe the reward will double as your motivation!

Vikkie Noble is a certified life coach. Her focus is women in business: Women who run their own business and women who run other people's businesses. She also has a growing Grief Recovery practice - having been certified by the Grief Recovery Institute.

Call to schedule a no-obligation, free of charge, introductory life coaching session or to talk about how grief recovery can renew your love of life.

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