



Well, it's spring and FINALLY feeling like it here in Iowa. I don't know about you, but this winter felt incredibly long and the arrival of spring feels like such a gift. I know it's cliché, but it's the perfect time to talk about spring cleaning. However, I'm going to challenge you to think about cleaning in a new way, on a deeper level. It's time to clean out the old so you can make room for the new, improved, well you!

Spring brings with it the promise of new beginnings, second (or third or fourth) chances, and renewal. **Think of yourself as the landlord of your life. You're in charge!** You can control who and/or what you "rent out" space to. Space in your head, in your heart, in your spirit, and physically in your house. **Are you ready to take charge and create space in your life so you can emerge as the thriving, healthy, happy, and energetic you? Then keep reading.**

First the basics...

**Material stuff.** It's everywhere right? Especially if you have kids or pets like mine who happen to kindly distribute their toys everywhere throughout the house instead of keeping them localized in one, messy location. Sometimes trying to stay on top of that "stuff" is a losing battle and you just have to let it go because it's not worth your time and energy. But sometimes stuff can get in our way and be a real block to moving forward. If you can't find things amidst the clutter and that causes you stress, that's affecting your wellness. If stuff reminds you of what you didn't accomplish, a past that haunts you, or no longer defines who you are, then that is stuff that needs to be cleaned out. Still holding on to those size 6 jeans in the hopes of squeezing into them one day? Why? There's nothing wrong about holding on to these jeans if they inspire you to make healthy choices. If, instead, they are acting like an anchor pulling you down because every time you see them you think you're a failure because you are now a size 12, then they need to go. **What "stuff" needs to get cleared out for you?**

**Cleaning Supplies.** Yes, most of us want to open up the house, clear out the dust bunnies from underneath the refrigerator (Yikes! It's scary under there!), swipe up the spider webs, and wipe everything down. So when you do that, be mindful of what cleaning products you are using. I didn't think about this much until I got diagnosed with cancer and thought about all the exposure I had to toxins in my environment. There are "clean and green" cleaning options out there. I have tried them and some work better than others. For those that aren't as "green" I am now careful to use gloves or avoid inhaling fumes. You can find some great ideas on Mind, Body, Green's website: [www.mindbodygreen.com](http://www.mindbodygreen.com). Experiment.

**Time as space. Have you created space in your day, week, month, etc. to nurture your wellness?** Sometimes this means physically writing in wellness related activities into your

schedule or "non-doing" times. I do this every week when I set goals for myself because otherwise it's just too easy to get caught up in being a busy working mom and wife. I have to thank my coaching buddy Raquel (yes, I have a coach of my own!) for pointing out to me that I hadn't created enough space/time in my week to allow Wellfinity to grow and flourish. Having a career that allows me to fulfill my purpose and help others is a component of my wellness because it feeds my soul. For me to feel well I need to have that work: family: personal time balance. I have come to the realization that I have to cut some things out in order to make space for things that I really desire.

### **And now for the deep stuff!**

**What mental and emotional "stuff" are you carrying around that is taking up space so there is no room for the better, happier, healthier you to emerge?**

What thoughts/feelings/action patterns no longer serve you and need to get evicted from your life? I realize and respect that this is scarier than throwing out old material things. This often means facing fears (i.e. the topic of my first Wellfinity newsletter), making difficult choices, and having faith. Here's what I discovered needs to get "cleaned" from my life:

1. The thought that I have to do everything in my business. After spending a frustrating 2 hours trying to create the cover photo for the Wellfinity Facebook page I discovered it wasn't going to work. I needed help. Thank you Janice!
2. The thought that I need to have everything thought out perfectly before I can move forward. This was keeping me stuck. The greatest lesson I learned from my business coaching course was, "Just get it started, don't get it perfect!" (Thank you Ali Brown and Joy Chudacoff for that!)
3. The behavior of responding defensively in certain relationships in my life. This only creates discord instead of the connection that I desire.

Get the idea? You'll also notice that I thanked a lot of people in this newsletter. I had to be willing to accept help in order to create space for me to flourish.

Once you have opened up space, make sure that if you fill some of it in, you do so with activities/people/things that are aligned with your vision of wellness. Resist the temptation to fill in all the space again. Remember that practicing being a human "being" vs. human "doing" can also give your wellness a boost. Have fun!

So go out and start your spring cleaning for body, mind and spirit so you can live well and thrive! And while you're at it, feel free to follow me at [www.facebook.com/wellfinity](http://www.facebook.com/wellfinity).

Shelly