

Wellness from Within – February 2007

Declutter your life - By Jennifer Powers

Cleaning out closets is an annual event for many people and it's no wonder why. It is an opportunity to cleanse yourself of unwanted things that clutter space. You eliminate that which is no longer useful to leave room for new things that can better serve you. You assess each item to determine if it should still have a place in your life. It is a rewarding ritual that makes many feel accomplished, lighter and more in control.

So the question is why not apply that same ritual to our lives? Yes, clean out your life!

It is a good practice to occasionally take inventory of different areas of your life and get rid of that which doesn't serve you. Doing so will make room for renewed greatness and a sense of well-being.

There are lots of different personal closets you can "clean out" but below there are three you can start with right away. So, pull out a couple of trash bags and get going.

Friends and relationships- Who in your immediate circle of "people" would you say are causing you more pain than good? Who are the naysayers that always want to complain or talk negatively? Who's taking more than they are giving? If you find that there is an imbalance in a relationship of any kind, it's time to bag it. Eliminate the people that bring you down and make room for people who feed your soul. Surround yourself with others whose beliefs are congruent with yours. Let yourself attract those people and get happy!

Habits and choices- What are you doing daily, weekly or monthly that doesn't serve you? What are some new habits you'd like to make room for in your life or work? If you take an objective look at the decisions and choices you make (small or big) you may find that you could benefit from some changes. For example, do you say "yes" to invitations, requests and responsibilities without even thinking? Do you really not have time to exercise or do you fail to make time? Sometimes it is the smallest shifts that make the biggest difference.

The J-O-B- This one is easy. Life is too short to be working at something you don't enjoy. You will be much more successful at a job you like than one you have for the paycheck alone. If you spend most of your time complaining about your job and can get out now, do so. If an immediate exit is financially impossible then make a plan to change jobs in the next 3-6 months. You do not deserve to spend one minute in a place that makes you feel yucky. It is your birthright to be happy...yes, even at work.

So, not unlike cleaning out your closet, the above chores could feel daunting and overwhelming but don't let that put you off. Try to focus on how good you will feel as a result of these changes and soon you will be out shopping for a brand new "wardrobe" that fits you better and makes you feel great!