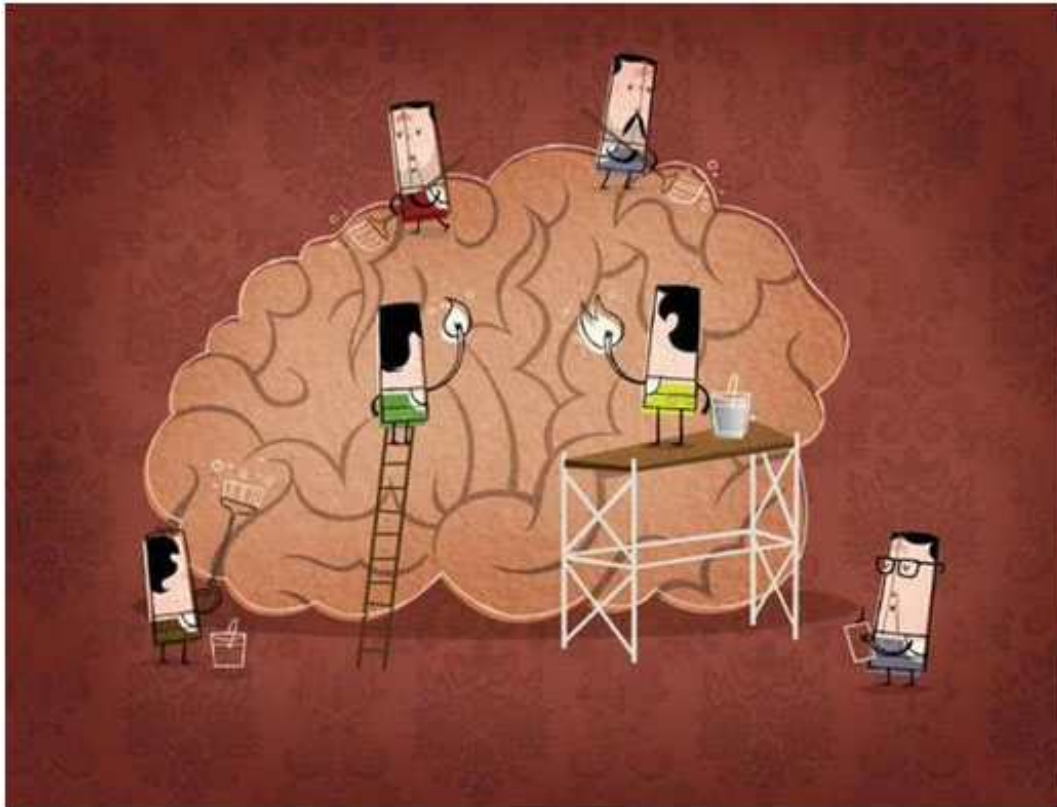


## Spring Clean Your Brain and Your Home

**Summary:** Get rid of the habits, thoughts, and clutter that prevent you from performing your best by throwing out the old to make room for the new.



Spring cleaning isn't something to only do on the first day of spring. Keeping our brains clean and sharp isn't something to do only one day a year either. By clearing out the junk that has collected in our mind and our home, we will be better prepared to live productive lives.

- See **Self Improvement Tips: Importance of Having a Clean Desk** for more information.

Ask yourself the simple question of how eliminating one not-so-great habit might change your life? There are always the big habits like quitting smoking or giving up junk, but there are other smaller habits that can greatly change how your day goes.

- See **Our Habits Determine the Outcome of Our Lives** for more information.

Evaluate all your friends and what they bring to the table. Is there a friend you have that is only focused on their needs? Or is there someone that is always negative? This may seem harsh, but it is time to say goodbye to those friends that don't bring anything helpful or positive to your relationship.

- See **Surround Yourself with Positive People** for more information.

Tackle a fear that is holding you back. While this may seem terrifying, take baby steps to accomplish this feat. Imagine your life without this fear and what you will be able to accomplish.



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- See **Abolish Your Fear of Failure** for more information.

Clutter in your surroundings will clutter your mind. Get rid of the stuff that serves no purpose and is just extras. Tackle every room of your house, especially the closets, where we tend to throw stuff when we don't know what else to do with it. If you haven't used an item in over a year, it needs to go. From there you can decide how important the other rarely used or seen items are.

Stop using beliefs that hold you back such as "I can't depend on anyone." Once you get to the root of this belief and understand that it may not necessarily be true, you will see doors open.

Photo: *scoopnest.com*