



## Signposts: The Big Spring Clean

By Pia Muggerud

Spring is a natural time to start shaking out the comforters and pillows and hanging the bed linens on the line for some fresh sun. It is a great time to go through your home, one room at a time and do the big yearly clean, clean and dust until you get it just the way you want it.

Spring is not just the time to clear out the dust bunnies from under the bed, but also any items in the house you no longer want or need. To realize how cluttered you have become; all you need to do is look around you to see all the things you have accumulated over the years. I recently read something that resonated with me: that we have gone from being hunters and gatherers, to simply being gatherers... of unnecessary things, emotions, beliefs and thoughts.

As much as doing a physical clear-out of stuff is important, what we often tend to miss is taking care of our inner world in the spring clean-out. Your external environment is a direct reflection of your inner world. Once you have taken care of your outer environment, some will then naturally affect your inner world, whilst other things need a more direct approach.

Here are a few of the best tips for giving yourself an inner clean slate for the rest of the year:

### 1. Take responsibility

Accept people, situations, and events as they occur. Know that you are the creator of your own world. By taking responsibility for your situation and for all events that seem problematic, you gain the power to make a difference for positive change to occur. Relinquish the need to defend your point of view and instead be clear about your intention for what will work best for a win-win situation.

### 2. Clear out your schedule

If you find you are always running late or feel too busy, look at your schedule to see how you can best manage your time. Maybe you need to make less attempts to fit everything in that *should* be done, and instead get clear about what you want to do and where your true commitments are.

### **3. Slow down**

Freedom and happiness can not be achieved through a never-ending race after those seemingly important goals. Once you step away from the chasing, you will actually gain clarity to be able to do more of the things that truly matter. Never mistake hectic activity for real progress.

### **4. Choose your friends wisely**

You may not always find it so easy to stay away from negative people and those who constantly moan and groan. Do you agree with their limited viewpoints to be accepted? Do you compromise your opinions in order to be liked? You can't change anyone else's behaviour, yet you can change your response to them. What you focus on will increase in substance, so find ways to steer your conversations to allow for more positive engagement. Every action generates a force of energy that returns to you in like kind.

### **5. Practice gratitude**

The practice of gratitude is not in any way a denial of life's difficulties. This practice is to redirect your focus toward those things that make your life meaningful rather than getting stuck in the hard stuff. With time, you become more aware of the things present in your life that bring joy.

### **6. Remove the “shoulds”**

Get clear about those things that are important to you. Those things are usually what bring you happiness and peace. As soon as the word ‘should’ enters your vocabulary, stop and take notice! “Should” is not a word that gives you empowerment. Instead, it has built-in excuses. Usually a ‘should’ is based on something you are not willing to commit to. Once you get into the habit of choice, you will take more personal accountability and get a life that works.

### **7. Live in the present**

Neither the past nor the future are in your hands to alter. Now is where your true power lies. By being fully present NOW, you give yourself the gift of experiencing peace. Also, you put yourself in the position of being a conscious creator and allow yourself to take the steps you need in order to positively experience what you want.

### **8. Detach**

Allow yourself and others the freedom to be who they are. Do not force solutions—allow solutions to spontaneously emerge. Uncertainty is essential, and your path to your own personal freedom. And by choosing to focus on actions that bring happiness and success to others, you effortlessly open up the flow of happiness and success back to you.

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