

## Spring Cleaning: Emotional Clutter

Now how about the clutter in your heart, and your brain? That's a little trickier than your office clutter. It takes courage and honesty to look at our values, and decide if they are still serving us, or if they are just part of the scenery. Researches show that in this country, 79% of the population does not choose their religious or their political beliefs... That means that 79% of the people (us) inherit these values (along with the clutter), and we just keep them... Now, I am not good with numbers, but that is a lot... And then we add on to it. I am not implying that you have to get rid of all of them, I am just saying that it might be a good time to look at these values and examine them.

Ask this simple question: "Does this still serve me today, is it still benefiting me today?"

Yes, then by all means, keep it! No, then let it go! Come to think of it, if it is useless, it is clutter. It takes space, and prevents you from taking advantage of a new beneficial value that will allow you to grow... Every new day bring new opportunities to evolve, better ourselves in many ways. But if you are full, you cannot add anything... A little like a full closet (wink, wink).

So what exactly is emotional clutter? Let's see if any of that sounds familiar to you: worries, limiting believes (like low self esteem), unfinished business, gripes, fears, anxiety, complaints, anger, hurt, guilt, shame... Is it time to clean up yet?

All that said, letting go does take courage. Nobody likes to let go. We are creatures of habit, and comfort. It is not easy to let go of something which has been part of us for a long time... We feel like we are losing control, and we are. Letting go is an art that requires patience, honesty, and courage. But the more we do it, the easier it gets.

### **So, HOW do you do it?**

*First, identify your clutter.* That is where awareness and honesty come in. It's just you and you, so go ahead, and give it a hard honest look... What is the clutter that prevents you from living to your potential, being as happy as you can?

*Second, go to the source.* Where does it come from? What does it do to you? It is really yours, or is it your upbringing's heritage, or somebody else's baggage? How and who would you be without it?

*Third, find a way to let it go.* Focusing on positive changes works very well, as does meditation, and journaling. Find a thinking partner who supports you, and shares your goals. Join a guided meditation class, focusing on letting go. Forgive. Or hire a life coach who can do all that for you!

Remember, if it's not your very own value and doesn't serve you anymore, you do not need to keep it. Release it, and make space for new standards!

Cheers! Here is to the beautiful month of March, symbol of new beginnings, and Spring Cleaning!!!

Karine Woodley , CTA certified coach

Ready. Set. Live. Wellness coaching

<http://www.readysetlivecoaching.com>

karinewoodley@gmail.com

317-331-8796

Facebook page: ready.set.live.wellnes coaching

Facebook group: 2010 is MY year

You are welcome to share this newsletter, just make sure you leave my name and business info on it!