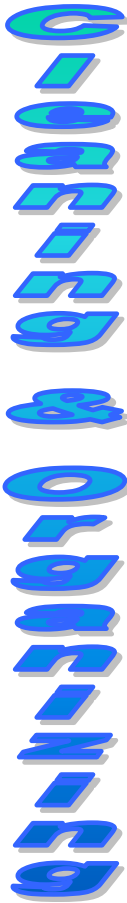


SPRING Clean Your LIFE



Along with spring comes thoughts of crisp, fresh air, newly budding flowers, singing birds and a sense of renewal. Getting organized and doing a bit of spring cleaning helps to bring that wonderful fresh feeling into your home and office. Here are some helpful tips to get you started!



ASSIGN YOURSELF A DIFFERENT TASK FOR EACH DAY. Make yourself a schedule that is comprised of one hour and one task each day. It's best to tackle one room at a time. An example schedule would be:

Monday: Decluttering	Friday: Organizing & Rearranging
Tuesday: Dusting	Saturday: Laundering
Wednesday: Vacuuming	Sunday: Decorating
Thursday: Scrubbing	

USE THE "LOVE IT," "HATE IT," "LIKE IT" SYSTEM FOR GETTING RID OF THINGS. Use this system to go through whatever room or closet you're cleaning and separate into those three piles. Anything that lands in the "hate it" pile gets put into the donation bin without a second thought.

LABEL, LABEL, LABEL. The key to good cleaning and organization in any busy household is that you get a good label maker, so you can make sure everything in your home has its place and then you label that place so that things can easily be put back by anyone in the home. This reduces the burden on you to do all of the spring-cleaning yourself.

TAKE THIS TIME TO PUT AWAY WINTER CLOTHES AND SPORTS EQUIPMENT. You're not going to need this stuff for another year, but you'll be glad to find it all neatly organized and store away when that time comes.

THROW OUT ANYTHING THAT IS BROKEN. Go through your home and pick up every single item that is broken. Pens that don't work, crayons that are now stubs, cups that are chipped and toss them out. If anything is truly precious, make it a priority to get it fixed.

For Yourself

It's important that you don't forget to spring-clean from the inside out.

EXPERIENCE LIFE. Sign up for a community walk or fun run and lift your spirits; picnic at your favorite park or lake and take in the beauty of your surroundings; or enjoy laughing and playing games online. Research tells us the feelings we get from experiencing life make us happier and can help us find a job.

SMELL WELL. Find healing in your favorite aromatherapy soap, lotion or room freshener. Lavender, chamomile and vanilla help you relax, peppermint and orange provide mental clarity. Jasmine lifts your mood to instill a sense of optimism.

PLAY YOUR FAVORITE MUSIC. Download your favorite tunes to your iPod and find five minutes in the morning and in the afternoon to listen, dance or sing to de-stress. Listening to your favorite music releases the calming chemical serotonin into your body. Singing releases physical tension, oxygenates the blood, and liberates suppressed emotions.