



Greetings!

It's time to Spring Clean Your Life!

It's spring time and we finally made it. Winter has been long. It is time to find your joy and begin to live your life with a fresh new outlook to create what you want and desire.



Springtime Thoughts For Your Life!



Just like our homes, sometimes our lives and minds become cluttered. It's time to clean out the old and let in the new! Pursuing a simple, sustainable, flexible, happier lifestyle means that you have to choose it. And that means choosing to lose some other things. It means getting rid of things that no longer work for you, it means updating the way you do things, it means freeing up some space for new and exciting opportunities and challenges.

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Energy Leadership Assessment Special

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Book of the Month

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**Career Corner --
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Begin to update how you approach each day and free up space for the things that make you truly happy.

Here are two steps to help you in getting started on Spring Cleaning your life, cleaning out the clutter and getting organized.

Cleaning Out the Clutter

Identify any negative habits and truly work to break yourself of them. Sweep out the tendency to gossip, as it wastes time and only ends up hurting others. Wash away procrastination to prevent the buildup of unfinished tasks from constantly preoccupying your mind. Kick anger and jealousy to the curb - if you feel you owe someone an apology, do it. And if you're waiting for an apology from someone who won't give one, accept that and move on. Cleaning out the clutter in your life is difficult, for sure. In fact, this first step is definitely the hardest one. But by throwing out the negativity in your life, you make room for more positive opportunities and personal growth.

Getting Organized

As with any good spring cleaning plan of attack, after you've taken care of the clutter, it's time to get organized. You need to decide how you're going to effectively use all that new free space in your life.

First, prioritize the things that are most important to you. Family, friends, career, fitness, travel, education, romance, a hobby ... whatever they are, list them out in order of importance.

Second, take a look at your day-to-day routine. How closely does your schedule align with your list of priorities? Is there something you aren't spending as much time on as you'd like? Is there something you're spending too much time on that isn't adding to your happiness?

Third, think about how you could more closely align your schedule with your priorities. Ask the people around you to help you with this, for example, ask your boss for that well-deserved time off that you never seem to take, or ask a friend to exercise with you to keep you both motivated.

Spring cleaning your life is a concept many of us ignore, and we keep going about our old routines, hoping something will change without any action on our part. Spring cleaning takes action, whether for your home or for your life. Spring cleaning your life may also sound like a daunting task. But just by dusting off a few old behaviors and attitudes, and filling your newfound free time with more positive endeavors, you'll be a happier, more sparkling you. The key is to get started. So this month do one thing each week to spring clean your life and discover



Can Facebook postings hurt my job search?

A good rule of thumb is to always post prudently: If you don't want your employer to see it, get rid of it. A recent survey by Robert Half revealed that 44 percent of executives review the Facebook presence of potential hires. Even if your account is just for fun, keep it in check. To put your Facebook on a privacy lockdown, click on the drop-down "Account" menu in the top right corner and select "Privacy Settings." Keep in mind that Facebook may change its privacy features at any time, and you might not be aware of the changes when they occur. Always assume that anything you post online may become public.

Book of the Month -- Inspiring and Motivational

what a fabulous life you can create.

Happy Springtime!

5 Tips on how to Spring Clean Your Life:

1. Clean out anger, jealousy and self doubt.
2. Wash away delay and procrastination.
3. Dust off your attitude and put on a fresh coat of positive.
4. Sweep out the dirt of gossip or false truths.
5. Open the window of your mind to new ideas and fresh perspectives on living a happier, better, easier life.



Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

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Offer Expires: April 30, 2011

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