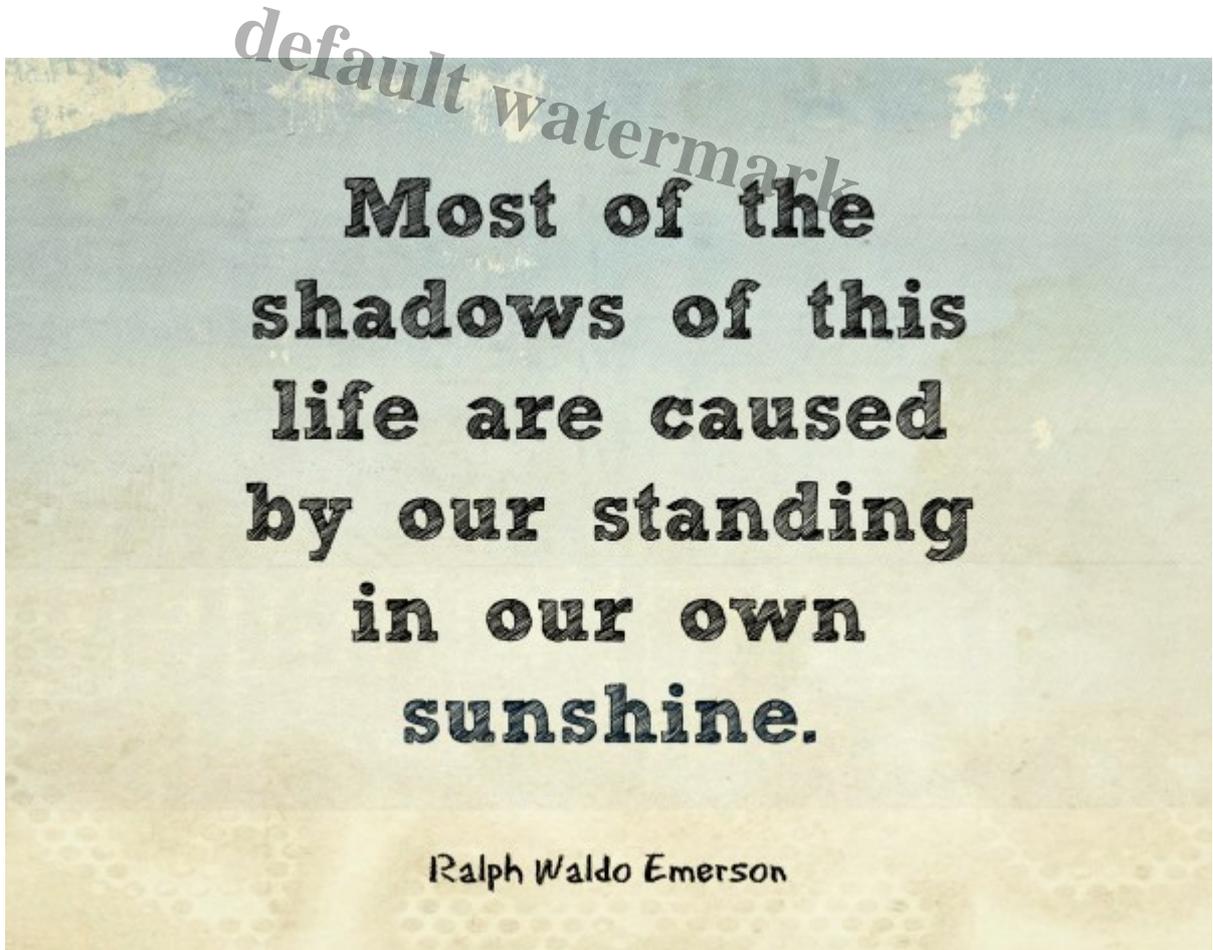


## Spring Clean Your Mind

### Description



I've been thinking about Spring Cleaning. That's as far as I've gotten with it. I continue to randomly purge things I'm not using anymore, but it's now the end of March and I'm still working on my [30 bags in 30 days list](#). It was good in theory, but life happens and not everything goes as planned. I'm glad I have my list though as a reference point. It's gratifying to see the things

I have completed. I like crossing things off my list as much as I enjoy making them.

I considered posting a bunch of cleaning tips, but you can get those from [Martha](#). Instead I encourage you to think about your life and the thoughts that you want to get rid of instead of things. Also, think about the things you want to nurture. I'll share a few of the things on my list.

### Release

- worry
- impatience
- the need to please
- perfectionism
- I can't
- what isn't working in my life

### Nurture

- faith
- patience for the right timing
- my authenticity
- good enough
- I CAN
- what is working in my life

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I know you're probably thinking, she's been watching Oprah. Yes, I have been. I realize not everyone likes to analyze things like me, but I think it's important to take time to assess your life every now and then. I can't think of a better time than Spring. What are some things you'd like to release and nurture?

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