

"Spring Clean" Your Life

JOURNALING PROMPTS



INSTRUCTIONS:

- Use these questions to reflect, ponder and review, then move forward with renewed clarity and purpose.
- Answer all of them (taking as long as you want!), or just pick the prompts that grab or interest you.

1) What does "Spring Clean Your Life" mean to YOU?

- Ponder this question lightly over the next few weeks - or set aside some time to journal around it.

2) What needs Physically & Mentally SPRING CLEANING in your life?

- Create two columns and make two separate lists. What's cluttering your space? What's cluttering your mind? What do you need to mentally clear up so that you can spring forward?

3) What cobwebs could you SWEEP AWAY to appreciate the beauty of your life?

- Where do you need to "freshen up" your attitude? Where does your life need a breath of fresh air?
- What is gathering dust, dulling your senses and getting in the way of a fresh appreciation of your life?

4) What do you need to LET GO OF so that you can spring forward?

- Make a list. Where does life feel heavy? What would lighten your load mentally? What would offer relief - if you were to stop carrying it around with you?

5) Where are you SHOULD'NG on yourself?

- Make a list. Where are you using "I should" as a way to prioritise or make yourself get things done?
- Once you have your list ask, "What's best for me here?" and "How could I do this differently?"

6) What will you BEGIN?

- Make a list! There's an excitement to beginning or starting something. Novelty fires up our brain and releases the neurotransmitter (chemical messenger) dopamine - which makes us feel good.

7) What are your TOP 3 ENERGY ZAPPERS in life at the moment?

- What are you tolerating? These things drain our energy! What (unreasonably or unnecessarily) zaps your energy when you see it, think about it, do it (or don't do it!), believe it?

8) What ONE new DAILY HABIT would put a spring in your step?

- Ponder, or journal around some ideas and make a list. What springs to mind? What have you already been considering? What excites you just thinking about it? What would feel wonderful?

9) What could you just GET DONE? What would delight you to finish?

- Make a list - or perhaps you can already think of ONE big thing... Because undone necessary tasks eat away at us: What are you procrastinating over?

10) PONDER 3 Spring Goals: What top 3 things could you work on?

- We can't move forwards if we don't know what direction to head in. Where do you want to be in 3 Months? Identify some fresh goal ideas for your beautiful spring.
- Then write them out and circle your Top 3.



Take a few moments to ponder these questions and get re-motivated!