

# Solutions

NEWSLETTER |

## Spring Cleaning for the Soul



Once a year you grab a mop, broom, and garbage bag to make your home sparkle. You don't think twice about rolling up your sleeves in an effort to partake in an annual spring cleaning, but how many of you put half that effort into cleaning up your emotional clutter as well?

### **Throw out the old bring in the new.**

It is so easy to get stuck in a routine. You need a fresh perspective maybe make some changes, take a few steps back. Are you seeing yourself through someone else's lens? Or an old lens that no longer serves you. Look at yourself through new lenses. Sometimes we need a little distance to help us see things as they really are. You need to see yourself for the star that you are.

- 1. Invest in yourself.**
- 2. Spend some time with yourself**
- 3. Take care of yourself**
- 4. Appreciate yourself.**

Create a kinder and more balanced self-image by making it a quick and daily habit to celebrate you.

### **1. Invest in yourself.**

First step would be to develop your skills. Read books, articles, white papers, anything related to the talent or skill you want to work on.

Keep current – stay abreast of the latest trends or advancements. Subscribe to publications, read blogs of experts, and follow the latest news.

Secondly, explore your creative side there is a fountain of creativity within most of us that has never been tapped or certainly hasn't been used to its highest potential. Creativity, in any form, helps us to grow personally and professionally, to view problems and solutions in different ways and to utilize other parts of our mind that may have been previously untapped.

It's important to keep in mind that creativity has many faces. It's far broader than being a painter or sculptor; it's also about trying new things.

