

Springclean your Life - Worksheet

What do you want to get rid of?

- What's taking up valuable space in your life?
- What's irritating you?
- What are you putting up with?
- What's not working in your life?
- What's draining your energy?

Write down all the physical and mental 'clutter' in your life that you'd like to get rid of. These are the things that unconsciously drain our energy and drag us down – and prevent us from living the life we really want. Once you are aware of these things, take action to start eliminating them. Begin with the easiest and start to work your way through the list.

Home Environment:

(eg: broken appliances, room needs decorating, piles of ironing, burned out light bulbs, garden in a mess)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Finances:

(eg: credit card debt, no savings, no financial planing, inadequate insurance, no will ...)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Health/Body:

(eg: No regular exercise, unflattering hairstyle, excess weight, unhealthy eating habits ...)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Relationships:

(eg: Needy, draining people in your life, friends overstepping your boundaries, critical partner)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Lifestyle:

(eg: Too busy, no time for hobbies/quality time, lack of friendship/supportive community, always late)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Habits:

(eg: Smoking/drinking too much, bite nails, junk food, gossiping, inadequate sleep, too much caffeine.)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Wardrobe:

(eg: Clothes that don't fit or suit you, wrong colours, buttons missing, too much stuff ..)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Work/Business/Office:

(eg: Long commute, unfulfilling work, long hours, unfinished tasks, cluttered desk ...)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Car:

(eg: Rust spots, needs cleaning, windscreen wipers need replacing, needs a service...)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

My

(Create your own category or list miscellaneous items here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____