

4 TIPS TO HELP YOU SUCCESSFULLY SPRING CLEAN YOUR LIFE

EACH SPRING WE FOCUS ON FRESHENING UP OUR SURROUNDINGS, BUT WHAT ABOUT SPRING CLEANING OUR LIVES AND MAKING LASTING CHANGES FOR THE BETTER? FROM OUR PHYSICAL HEALTH, TO WELLBEING, TO RELATIONSHIPS, AND EVEN PERFORMANCE, READ ON FOR TIPS ON MAKING SUSTAINABLE CHANGES.

NOTE: To get the most out of these tips read the accompanying posts on our Spring Clean Your Life series on:

1. Decluttering and finding focus @ www.theskillcollective.com/blog/spring-clean-declutter-find-focus
2. Mental Health + Wellbeing @ www.theskillcollective.com/blog/spring-clean-pt2-mental-health-wellbeing
3. Relationships @ www.theskillcollective.com/blog/spring-clean-pt3-relationships
4. Physical Health @ www.theskillcollective.com/blog/spring-clean-pt4-physical-health
5. Productivity + Performance @ www.theskillcollective.com/blog/spring-clean-pt5-productivity-performance

1 FOCUS ON *YOUR* LIFE

How did life get so cluttered? One possibility is that you're filling it with things you believe you 'should' focus on, rather than with things that are important to you. Perhaps how life should look 'on paper' (e.g. focusing on career, status, possessions) has taken over focusing on a life that holds meaning for you (e.g. learning, enjoying the moment, connecting with others). To break this cycle, keep a constant eye on what's meaningful so that you stay focused rather than get sidetracked.

2 MAKE ROOM FOR NEW SKILLS

Decluttering helps open your eyes to unhelpful patterns and tunes you into new ways of doing things. That is, once you work out how your life gets cluttered, it becomes easier to learn new skills to remove the clutter. For example, if you're doing too much because you find it hard to say no, then a skill to learn may be assertive communication. Alternatively, if your life is cluttered because you're aiming for perfection in every task that you undertake, then learning to manage perfectionism may be just what's needed.

3 PRACTICE MAKES PROGRESS

Creating new habits takes time and effort, and importantly, a lot of practice. Repetition is key if you want your new skills to become second nature. Yes, it will be effortful at the start, but as with any skill it becomes easier the more often you practice.

Let's say that you want to be more assertive to help you set boundaries around taking on too much. When you attempt to be assertive for the first few times, however, it may feel unnatural and uncomfortable. However, with repeated practice, it becomes easier and easier. Over time, you feel more comfortable using this skill and become better at saying no to things.

4 REVIEW REGULARLY

As with all new skills, it helps to regularly review your progress. Yes, we may feature our Spring Clean your Life series annually on our blog when spring rolls around, but in reality reviewing monthly can help you to:

- (i) Stay focused on the important things in your life; (ii) Track how well you implemented your new skills; and (iii) Assess if your new skills require any modifications.



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ABOUT US

Want to build skills for better Wellbeing, Mental Health, and Performance? Here at The Skill Collective we translate science into practical, easy-to-use tips. Whether you want to Bounce Back, Achieve, or Grow, our team of clinical and consulting psychologists can help you build skills for a better life. You're reading tips from our Resource Library at:

www.theskillcollective.com/resource-library

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