

# SPRING CLEAN LOVE

## YOUR LIFE TO MAKE ROOM FOR

[ BY SUSAN SEMENIW ]

Spring is all about breathing new energy into your life—out with the old that no longer serves its purpose, and in with the new! A lot of us make resolutions in January, but somehow we just don't stick to them. One reason may be the lack of mental and emotional preparation. So, before you start to make sweeping changes in your life, it's time to do a mind cleanse.

We're all familiar with physical cleanses that require strict regimes or special concoctions to purge toxins from our bodies. But you need to start with your surroundings—begin by de-cluttering your home and office space, or with items you haven't used in years. All this crap just accumulates, and frankly, if you don't do this now, you'll eventually become a prime candidate for *Hoarders*.

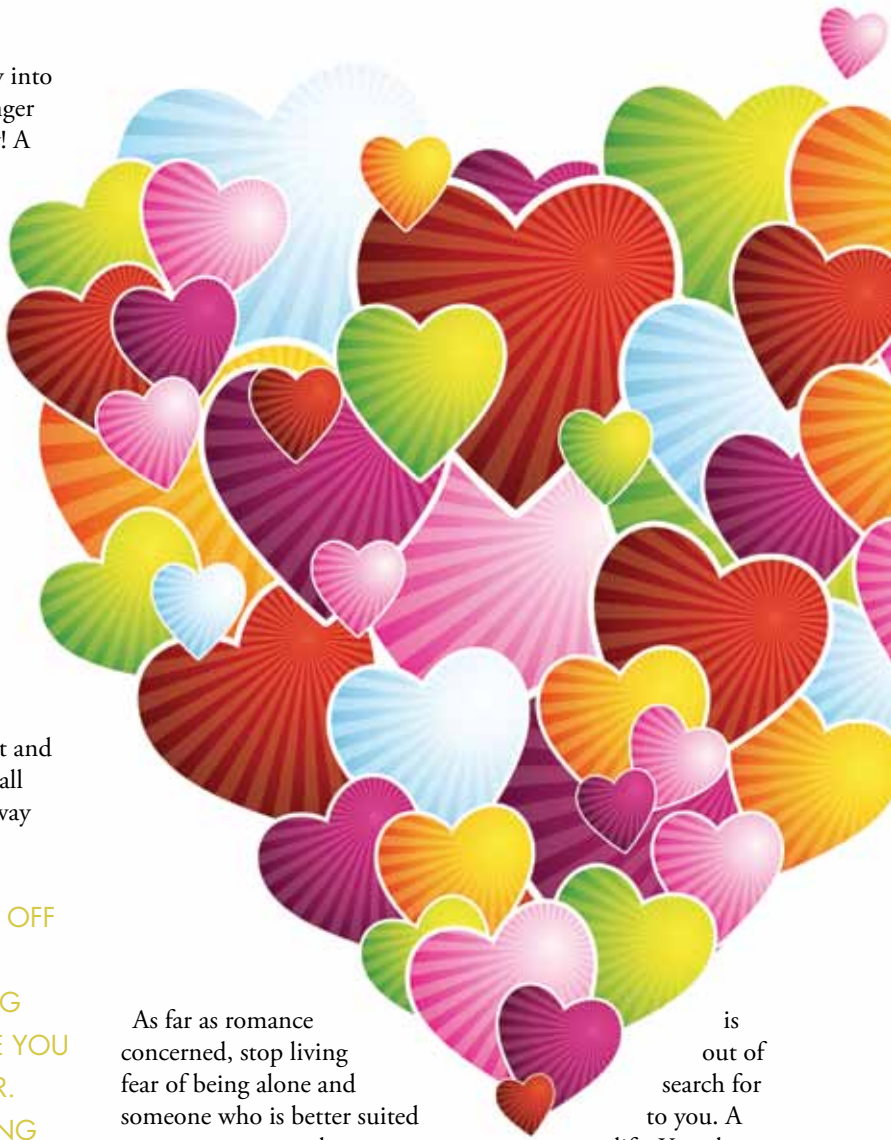
**Next step:** the computer. Delete all unnecessary emails, and remove yourself from all those email newsletters you never read.

Now it's time to purge your mind. Remove any self doubt and negative thoughts. Thoughts, emotions and behaviour are all interconnected, and they feed off each other. Change the way you think and you'll change the way you feel and behave. Here are a few tips:

- EVERY TIME YOUR MIND STARTS TO WANDER OFF AND GO INTO WORRY MODE, STOP.
- START AND END EACH DAY INSTEAD BY BEING THANKFUL FOR EVERYTHING AND EVERYONE YOU DO HAVE IN YOUR LIFE THAT MAKES IT BETTER.
- ACKNOWLEDGE AT LEAST ONE POSITIVE THING THAT YOU'VE ACCOMPLISHED EACH DAY.

It's pretty simple—poisonous people create poisonous environments, people! Get out of all harmful and destructive relationships: it's the only path to happiness. A true friend is there for you unconditionally, doesn't make you feel guilty and feeds you positive energy.

Family members are a bit trickier to remove yourself from. You may have to confront them, or set some firm rules and guidelines with the ones who continually upset you, since your family is not something you can easily dismiss. But do your best to surround yourself with family, friends and lovers who build you up and who celebrate in your successes.



As far as romance is concerned, stop living out of fear of being alone and search for someone who is better suited to you. A partner must complement your life. You also need to be happy before you can be in a fulfilling relationship. When you do find someone, focus on being present for them, and not bringing up or thinking about the past. You can't find Mister Right when you're still obsessing about Mister Wrong.

Finally, learn to say NO to people, situations and tasks that you don't have time for. Cleaning your emotional house and changing the way you think is not something you can do overnight. Ask for suggestions from your close inner circle, and don't hesitate to talk to a professional if you feel you're getting nowhere on your own. Figure out what and who makes you happy—and start incorporating more of these things into your life. 