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Spring is Sprung

By Wendy Hearn

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Spring is here! It's traditionally a time for spring cleaning, getting rid of the old and making way for the new. "What's that got to do with my business?" you may be wondering? Well, actually rather a lot. Now is a great time for you to spring clean your life and your business. A time for cleaning out and reviewing parts of your life and business you're ready to commit to improving.

It's an opportunity to examine your goals and clear out the ones you don't want any longer. This may involve spring cleaning your desk and getting rid of piles of clutter. When we're surrounded by clutter, our mind gets bogged down which prevents us from thinking clearly and being focused. Perhaps it's time to dust away the cobwebs on your sales and marketing plans, and throw away the rubbish, i.e. the stuff that no longer forms a useful part of your plans. It may involve spring cleaning your personal life by polishing up relationships, clearing out old habits and attitudes which no longer benefit you. Or stripping back your finances to get them in good shape for the future. Why not take a vacuum to your health and exercise plans and clean out the bits you don't want?

This clear-out can involve taking huge steps or even very small ones. Even these small things which need dealing with drain our energy and it's surprising how much this happens. If left undone, the little tasks, like the filing cabinet drawer which jams, the unmade bed, the pile of papers on your desk, all niggle away at you and sap your energy. When these

are sorted out, there is more time for other things in your life and business. Cleaning out leaves space and this space is then available for new opportunities. Opportunity for more energy, more business, more sales and more of the things you want for yourself. Now I'm not suggesting that making your bed each day will increase your business ten fold. However, the fact that it's not niggling away at the back of your mind and your attitude is now one of completing tasks, you'll more naturally finish things in your business. You'll be more able to follow through and complete, even if it's just concentrating on making the telephone calls your business requires.

If you're ready to enjoy more success, natural energy and confidence, then I encourage you to look at the areas of your life and business which need some spring cleaning. Perhaps this includes your sales, marketing, referrals, finances, management and leadership skills. Or perhaps you tend to procrastinate, to run out of time or feel stressed.

I suggest you make a commitment to start spring cleaning today. Choose the areas you want to clean up and devise a plan of action. Start by asking yourself some questions. Ideally, what do I want this area of my life to be like? What do I need to get rid of? What do I want to put in its place? What is getting in the way of this? Where am I now in this particular area? Look at the difference between where you are now, what you want to clear out and ideally where you want to be. Now break this down into smaller steps. Steps which feel achievable for you and will take you forward. Take the first step forward today. A coach can assist you fully with this process until completion. A radical spring clean puts the zest back into your life and gives you the freedom to reach for the top.

Wendy works with business owners, professionals, executives and managers who are ready to enrich their lives. . . finding more success, fun, balance, joy and time. Free Report - How to Focus on Achieving What You Really Want Send email to <mailto:achieveart@wendyhearn.par32.com> <http://www.Business-Personal-Coaching.com>

Spring Has Sprung!

By Jean Madison

According to the time in my area Spring was Sprung last evening around dinner time. Have you seen the trees budding? Can you feel the warmth in the air and best of all can you smell the scent of spring rain? The air feels soft and fresh like clean clothes on the clothes line and there's a promise of freshness and color from the crocus and daffodils peaking through the last remnants of snow.

Spring is messy too! The once glimmering white snow is now laden with road dirt and other indescribable litter. The run-off water mixes with dust and debris as it rushes across our pathways to ditches and sewers. Yet the arrival of Spring extends a welcome greeting that hears only the mating bird songs and feels the desire to fondle the warming Earth. . The vernal equinox announces the first day of spring March 20 or 21 when the sun sits directly over the equator. As the earth revolves around the sun the top half called the Northern Hemisphere, which is where we are, tilts more toward the sun and moves us away from winter and toward Spring.

On the other hand, the bottom half, the southern Hemisphere tilts away from the sun bringing autumn and winter to people in Australia and South America and Africa.

"Equinox", a latin derived word means equal nights. At this time, sunrises and sunsets are about 12 hours apart all over the Earth, give or take a minute or two when the days are a few minutes longer than the nights.

Spring can be rowdy too! It can get extreme in temperature and bring more of the dreaded snow or rains that add to the run-off and burst the banks of the rivers and streams. Lightning and thunder and winds can often preclude twisters and tornadoes.

There is a similarity between Life and Spring that gives us the determination and courage to renew us in the face of set-backs and misfortune. Human Beings rise up to adversity in it's many forms from personal tragedy to the disasters of Nature. And Human Beings, being human in nature, rise to the aid of humanity.

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