

Spring Clean Your Schedule

As days get longer and dirty snow gives way to colorful flowers, many of us get the urge to do some general sprucing up. Nothing beats the feeling of a clean house, but to take it a step further, consider putting some effort into giving your schedule a good once over. Ponder these questions:

- Do you long for more leisure time?
- Do you feel overwhelmed with activities/responsibilities?
- Do you often feel as though you have no time for personal enrichment?



If you answered a resounding “yes” to any or all of the questions above, then perhaps you need to think about spring cleaning your schedule to make it more comfortable and enjoyable. After all, things change. What once was a “must do” could now be a “maybe not.” Give careful consideration to the activities of your day, week, and month. If you’re a visual person, you may wish to plot those activities on a grid with time slots. Focus on finding activities that could be scaled back or removed altogether. For instance, if you make a stop at the supermarket after work 3 evenings a week, delaying your arrival home for an additional 30-45 minutes, think about spending just 20-30 minutes on Saturday planning the week’s meals so you can pick up the extra supplies on your normal grocery shopping excursion and forego additional evening stops. Or, if you are spending 5 hours each month on board activities for a cause about which you are no longer passionate, pass the torch to someone else.

We often get in a scheduling rut, continuing to do the same things in the same way when there is no real reason for it. Making a commitment for a time, does not mean making it for *all* time. Job situations become more secure, children mature, we develop more disposable income. Take advantage of those progressions by focusing on your strengths at work and delegating some responsibilities to others. Give your children increasing responsibility for their personal space and for the family living space. Allow yourself to hire someone to help out around the house. Simply by relinquishing a few responsibilities you can free up hours of time to devote to resting, relaxing and renewing. Spring cleaning your schedule, just like spring cleaning your home, will take you out of winter doldrums and lead you into the new season feeling refreshed and recharged.



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Clare is fascinated by the empowerment that coaching provides her clients as they develop their potential and reach their goals.



Once you’ve cleared the clutter from your schedule, indulge in some fun with the free time you’ve created. Here are a few suggestions to inspire imaginative options.

- **Locate a butterfly garden in your area and spend some time delighting in the color and grace of a bevy of butterflies.**
- **Invite some friends to a picnic where everyone brings their favorite portable snack food to share.**
- **Go to a drive-in movie.**
- **Sit in the sun and read a book.**
- **Call an old friend. You’ll make your day and hers.**