

*spring*  
**CLEANING**  
**YOUR LIFE**



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There's something special about the warmth of the sun that has been absent for months. It breathes new life into us, ignites a spirit of "doing" and makes us want to make everything new. Spring Cleaning isn't a new concept by any means, but viewing your entire life as something you can "spring clean" may be a new idea to you. Using this season as one to reevaluate the old and breathe in the new just feels so natural and satisfying. If you're wondering what you can do to spring clean your life, here are some great suggestions!



# Clean and Clear

I know this is the one you expect this time of year, but decluttering your living space and giving it a good deep clean can change the entire feel of your home. Renewing your sacred space can rejuvenate you in many ways, bringing a lighter, happy feeling as the sunshine rolls in with Spring. So tuck away all those Winter clothes, give your living space a refresh and start Spring on a clean foot.



# Finesse your Fitness

Have you been doing the same old fitness routine all Winter? It can get monotonous, not just for you but for your muscles that get used to it, too. Shake things up by taking a new class, doing a new workout video you've never tried, or jogging down a new trail. I'm confident you have the itch to spend more time outdoors in the warmer weather, so the change will do you good!



# Remove Negativity

Whether that be negative people in your life or simply bad habits that you have been meaning to finally kick, use this time as an opportunity to get rid of anything that has been bogging you down. What comes to mind immediately when you read this? Chances are, that's precisely what you need to work on releasing. When you are doing this important work of releasing negativity, take the opportunity to replace negatives in your life with something positive.



# Disconnect More

When you aren't at work, take time off from as much technology as possible. Use the time to connect with people face-to-face -- meet your friends for lunch, read a book, explore a new area, or do anything that keeps you from continually being glued to a screen. You'll feel loads happier when you do. Even if you start with a set amount of screen-free hours per day, you'll be making a huge difference in your relationships and happiness levels.



# Eat Better

It's the perfect time to give your eating habits a makeover, too. Take notice of how you feel on a daily basis, are you feeling energized? Sluggish? Exhausted by 4 pm? What you're eating is a tremendous piece of the answer, whatever you may be feeling. If sluggish is more normal than energized for you -- start by incorporating more whole foods into your daily routine. Phase out the processed foods one by one, replacing them with healthier options.



# A Better Budget

Living paycheck to paycheck is a reality much of the population faces. A lot of the time, these situations aren't easy to fix, but we can always be making some movement toward improvement. That's what this spring renewal is all about, so take this chance to take a good look at your financial situation and notice what improvements can be made. See what extraneous expenses can be cut, how you can begin saving more for a rainy day, and what areas you can use your financial resources to give back to those in need.



# Something New

If you don't have a hobby, or you're feeling like it's the perfect time to try something new, now is the prime time. Try a painting or cooking class, learn a new language, or discover something else you've always wanted to try. It's invigorating to fuel our quest for creativity. And above all, treat yourself. Find things that make you come alive, feel creative, and seek playfulness.