



“Simplicity is the key personal progress” says leading life coach Rasheed Ogunlaru. Here are his tips to spring clean your life...anytime in the year

At many points in your life, regardless of the season, you may feel the desire or need to simplify your life, clear-up or redecorate your home /office, give away old clothesand perhaps to make other changes in your life. This desire is real opportunity to transform all aspects of your life for the better forever.

Cosmetic changes and clearouts are part of our natural desire to make improvements for more fulfilment and simplicity in our lives. You may have felt deep relief when you’ve thrown things out, redecorated and seen that things are neat, tidy, new and spacious. These changes are important, but all too often you may stop at superficial changes to your front room, desk, car or clothes when you actually have a deeper desire for change, space and simplicity in some or all areas of your life.

You may well be experiencing a real desire to do something more fulfilling with your career, be your own boss, want more depth, love and mutual support and understanding in your relationships. This is a good sign. It’s a very natural call to be who you are and enjoy your life as you wish it to. Spring cleaning your life is a very natural thing. You cannot pour more water into a full glass. You need space in order to invite new things into your life.

Making the change

Simple steps like watching an hour less TV, dropping negative friendships, taking lunch breaks at work, and eating well can transform your life overnight.

Many ordinary people of all walks of life that I work with make major changes in their lives by making a few simple changes – you can do the same today.

One hour less TV a night, lunch breaks at work, dropping negative relationships, and half an hour to yourself a day can create more time in your life, reduce stress – and enable you explore and create your future.

Here are my seven **Spring Clean Your Life** tips for your home life and your work which will help you develop greater work-life balance and simplicity.

7 Home & Life Spring Cleaning Tips:

1. Have a full home spring clean to calm, focus and improve your daily life
2. Give all you haven’t used for over six months to friends or charity – it relieves you, helps others and allows space for new opportunities
3. Take time out – give yourself half an hour alone to relax / or focus on your life
4. Eat a balanced diet and sleep well – this boosts energy and reduces stress
5. Use you answer phone, and reduce wasted hours in front of the TV

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6. Drop all negative relationships – and only create positive ones
7. Write a short list of 5 or so priorities you **do want** this year and focus on them.

7 Work Spring Cleaning Tips:

1. Have a thorough desk / file clear out – it will focus you and ease stress
2. Handle every piece of paper and email once wherever possible
3. Arrive and leave on time – sounds simple – make it a habit
4. Start and end the day with a clear desk – this reduces 'back to work phobia'.
5. Go out of the office at lunch to ensure you take a break – more productive less stress
6. Regularly schedule time in your diary for your family, friends, interests & holidays
7. Avoid squabbles / personality clashes focus on your priorities.

Sarah's story:

Sarah is one of my life coaching clients who wanted to achieve far more in her life, work and relationships. Yet she always got bogged down in a cluttered home, office overgrown garden and trash TV. She literally couldn't see beyond these things to make the progress she was seeking in her creative and writing career. By picturing and planning what her life would be with an efficient office, comfortable and spacious home, and work life-balance – she developed the motivation to tidy her home, arrange her office and plan her career. She watched less TV to set herself an hour a night to herself where she allowed creative ideas to come through to plan, research and develop her own business. Her life is now balanced. She is more relaxed, focused and creative in her work. She has lost near her ideal weight and concentrates her free time friends, family and improving her health and fitness.

Go for it!

Now take a moment to look at your life and routine – imagine you are looking at it from a hill. What would it be like if you spring cleaned your environment, focused only on positive relationships, reduced junk food and TV and spent a little time every day to work on what you want from your life? Picture yourself doing it. Now go for it. Set aside an hour today to start taking steps that will spring clean your life and invite in success that could last you for ever. Remember: Invest in your self and your progress - there is no wiser investment.

Rasheed Ogunlaru is a leading life coach, speaker and business / corporate coach. He helps people of all backgrounds achieve greater happiness, balance and success in all areas of their lives. He runs workshops and talks on coaches in person. He is author of *The Gift of Inner Success, A Zest for Business* and is author of range of inspiring books, tools and downloads including *Become who you are* and *From Head to Heart ... Finding Your Path*. To find out more about life coaching, business coaching, seminars and talks, or to order or download a product visit www.rasaru.com

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