

Spaciousness

How spring cleaning can clear more than physical clutter

Ever notice how clutter seems to have a life of its own? If we are not vigilant, it can somehow creep in, pile by pile, usurping a corner here, a table there. It makes an entrance in a shopping bag or a grand new project and, before you know it, takes up residence in each and every nook and cranny, finally overflowing onto the top of your desk and the bottom of your closet.

Ever notice how your life can begin to feel cluttered as well? Sometimes this invasion of your space can expand to include too many people demanding too much of your time, too many financial stresses and strains on your bank account, and too little sleep as a result of too much turmoil.

BY MINX BOREN MCC
ILLUSTRATION BY ROLLIN MCGRAIL

In coaching, there is a tried and true solution: Clean out a closet or drawer and your life will begin to clear up in the process. Really. It may sound ridiculously simplistic, but it works time and again. There are probably at least three big factors that account for the shift: intention, attention and measurable milestones. When you set an intention and turn your attention toward the messiness all around, your wise and intuitive self begins to notice the bigger picture of what else is crowding in on you and leaving you no space to breathe. Then, as you bask in the satisfaction of each cleared area, your can-do sense grows.

What better way to spring into spring than with a little traditional spring cleaning? Is there a drawer or closet in need of attention? How about a pile of financial records that, if addressed, would help to ease your relationship with money? What about your calendar? Is it overflowing with appointments, leaving you drained and exhausted at the end of the week? Take some time to think about what it would take to become more discerning about saying “Yes, absolutely” or “No, positively.”

To take this to the next level, consider the possibility of declaring spaciousness to be your theme for this year. A theme is bigger and less specific than a resolution. It is a context and criterion for looking at everything you choose to take in, take up and take on (or not). To keep your theme alive, evaluate all things and possibilities that come your way by asking, “Will this enhance my life and still leave me room to move around?”

Start with just one drawer today. You will be sending yourself a message that you care about you and the quality of your physical, mental and emotional space. Enroll a friend as an ally and you will be able to compare notes and cheer each other on, celebrating each new reclaimed corner of spaciousness. Make room in every way possible for what you really want in your life and watch your life change in the process.

Once you have made some progress in de-cluttering your life, learn to recognize and stand guard against all that will inevitably continue to vie for hanging space in your closet and hourly space in your day-planner. Then, declare yourself—and everywhere around you—a chaos-free zone. **V**

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Check out Minx's blog on vivemagazine.com for more coaching tips and to interact with other *Vive* readers.



WHAT MATTERS & WHAT COUNTS