



**STEPS FOR
SPRING
CLEANING**
Your life

**CREATE MORE
CLARITY, FOCUS,
FULFILLMENT, &
HAPPINESS IN
YOUR LIFE BY
CLEARING AWAY
THE PHYSICAL
AND PROVERBIAL
CLUTTER**





Hi! I'm Corinne.

I'm insanely passionate about helping people achieve lasting weight loss, better their health and shape up!

As a health and fitness professional, I'm constantly preaching the importance of things like exercise, good nutrition, sleep, and stress management here at Corinne Olsen Coaching.

But truthfully, these are just a few components that make up a healthy life.

One of the key factors in overall wellbeing is elimination of all things toxic to your health – from food to negative things that affect your mental health.

And that's exactly why I decided to put together this guide for you.

With Spring now upon us, it's a wonderful time for symbolic rebirth. "Out with the old, in with the new" as they say!

And with that, this guide is going to show you the powerful ways in which you can invite health, abundance, and happiness into your life.

Enjoy!

Corinne

Cleaning Assignment #1: Your Kitchen



Once you take a moment to think about what it is you're trying to achieve in terms of your health and fitness, get rid of anything that's misaligned to that goal.

We are doing this first because it will help alleviate temptations or distractions you might have in the house and second, because it sets you up for long-term success.

Let's say your goal is weight loss.

Get rid of all foods from cabinets, pantries, and refrigerators that you know don't support this goal.

Oh - and if it's not good for you, it's not good for your kids either, so it's gotta go!

Bring all of that stuff to your local food pantry - they will appreciate it tremendously!

Next, look at your kitchen equipment and supplies.

Is there anything that doesn't support your goals there?

Again, if your goal is weight loss, maybe the deep fryer's gotta be a gift for your neighbor.

Also, if you notice anything missing that does support your goals - blenders, crock pots, grills, etc, you may want to put it on your wish list

Cleaning Assignment #2: Your Closet



We sure hold onto things for wayyyyyy long in our bedroom closets and drawers.

I don't know about you, but I've easily found items I haven't touched or thought about in YEARS when cleaning my closet.

And it's such an internal battle sometimes.

We see the thing and think suddenly that we MIGHT just wear it again.

Or it holds some sentimental value.

Or maybe you're trying to lose weight and you don't want to get rid of your old size 6's because that's your goal size.

But the truth is those size 6's are from the turn of the century and totally outdated.

So...they gotta go!

You can even use the Marie Kondo concept where she focuses on keeping only the things in your life that bring you joy. You can ask yourself whether or not each item of clothing brings you joy.

Whatever no longer fits and keeps clutter in your life - donate it!

Someone who needs it will benefit far more than it sitting in your closet another decade. This same concept applies to other pieces of clutter in your closet - Knick knacks and such.

Your bathroom may be a great next place to visit. Most people have products, medications, or makeup that are years old and unused.

If it's expired or you haven't used it in the past 6 months - bye-bye!

It all takes up space, feels heavy in your life, and prevents you from true happiness/lightness.

Cleaning Assignment #3 Your Digital Space



Now it's time to do the tedious work.

We're talking about clearing out your email inbox to 0.

You may already be kinda close or that may mean deleting 20k messages all at once. ☐

If it's not completely overwhelming, spend more time in your inbox unsubscribing from lists that you aren't engaged with or that don't bring you value.

It's a little more time up front, but over the coming months, it will create less inbox mess.

Whatever is the case, clear that clutter and pressure from your life.

START FRESH.

Then, clean up any other digital spaces in your life from files to your Google Drive to your Facebook/Instagram/LinkedIn inbox.

Make sure your phone has no unread text messages and voicemails.

Get rid of apps you don't use or need

And finally, stop engaging in any form of media from the news to online articles that are inherently negative or pushing any type of fear.

Cleaning Assignment #4 Your Relationships



We all have people in our lives who don't make us feel joyful. Those people who bring such negative energy to our lives. Or even people that we just compare ourselves to that unintentionally make us feel less than.

And often they're people very close to us. Let's start by talking about those who are more like acquaintances though.

Who are those negative people in your social media feeds? Unfollow them. Who do you follow that you compare yourself to and end up feeling worse about yourself every time you see them in the newsfeed? Unfollow them.

Are there people at work that bring the negativity? Avoid them. Don't engage in the conversation.

Additionally, commit to ceasing any gossip you participate in (if any) IMMEDIATELY.

Gossip is one of the most toxic behaviors that many humans are prone toward, so commit TODAY - right now - that you are no longer or will not be the kind of person that gossips. If you wouldn't say it to someone's face, don't say it at all.

Reducing your own toxic behavior invites clean and light energy and people into your life.

Now to the tougher stuff...

If those people you need to "cleanse" your life of are people that just aren't going anywhere - parents, siblings, spouse, etc, we need to take a different approach. It's time to have a hard conversation.

Sit down with them (do not do this over text!), and let them know how much you love and appreciate them. Then, let them know what part of the relationship feels toxic to you.

Ask them for their thoughts or feedback. Communicating this whole process in a kind, non-accusing way is the key to ensuring it doesn't turn into an argument and that the person doesn't get defensive.

Engage in a dialogue about what you'd like to see happen differently. Ask their thoughts again. Create a plan and resolution together so that you no longer have to feel the burden of their presence but rather completely joyful in it.

Cleaning Assignment #5

Your Mind & Soul



There are a few steps I want you to take to have the best possible outcome.

1. Journal about your life.
 - a. What's going amazing?
 - b. What's not working for you?
 - c. On a scale of 1-10, rate each area of your life:
 - i. personal happiness
 - ii. health/fitness
 - iii. family
 - iv. romantic relationships
 - v. career
 - vi. finance
 - vii. spirituality
 - viii. personal growth
2. Look at the areas of your life that rank the lowest. Identify what's missing and create action steps to improve that area.
3. Look at how you're spending your time. Is it moving you toward your goals? What can you commit to changing?
 - a. Examples:
 - i. Replace TV with reading
 - ii. Listen to podcasts while driving rather than music
 - iii. Limit yourself to 30 minutes of social media each day

Whatever is holding you back you have the power to change!

4. Identify areas of desired personal growth. What habits can you commit to incorporating daily or multiple times per week into your life? Examples could be:

Journaling

- a. Meditation
- b. Exercise
- c. Connection with your partner
- d. Solo quiet time

There's no right or wrong when it comes to cleansing your mind and soul

More than anything, it's about realigning your energy, efforts, habits, and where you're spending your time to places that are in better service to the life/happiness you want to create.

And there you have it!

I promise if you go through these 5 spring cleaning processes,
your life will feel totally different!

Because it truly will be.

Clutter in any form – physical, emotional, mental, etc – weighs us down. It’s a huge burden.

I constantly support my clients in making big changes in their lives – both in health and fitness
and otherwise.

One of the things that stands in the way of people’s success so often is not having a support
system or the right like-minded people to surround themselves with.

Which is why I created my FREE Facebook Community
– Fitness & Fat Loss Over 40.

If you know you need more supportive people in your life, just click the link below to join us.

And when you get into the group, let us know what area you are focused on “spring cleaning”
first, why that’s important to you, and how we can support you.

I can’t wait to see you on the inside as we work toward building more JOY together!

[JOIN FACEBOOK GROUP](#)

