

Motivational Moments: Spring cleaning: Seize the season

Written by Penny Jones-Richardson
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This season brings so much excitement for me.

I don't know about the rest of you, but I am excited about what is in store for my future. There is something about the weather changing that brings joy to my heart. During this season, I think about old things leaving and new life coming forward. This time of year gives me so much energy and determination, that I feel like I can do *anything*.

This is a great time for everyone to think about what you would like to change or start in your life. This is the time of year when a lot of people decide to get out there and work on their weight-loss plans. The weather is a lot nicer and that brings more individuals out to walk or jog, which in turn will help them to get in shape. This time of year also has a lot of people thinking about where they see their future and how they will achieve some goals to make that future a possibility.

This new time is a time to set goals that you never dreamt possible. Sometimes if you take a moment and just look around, you will see that the people you know are changing and doing the things that make them feel great about themselves.

This is so empowering that some of their positive energy may have an affect on you.

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I like to think about my mother during this time of year.

Each year during this time we would have to do our annual spring-cleaning around our house. This meant that we had to toss everything old or things we weren't using anymore in the trash. She had this philosophy of if you don't need it in your life, then you get rid of it. That is how we should look at our lives too. There could be lots of "stuff" or people in our lives that we should get rid of. These are the things or people that we have been holding on to just to say that we have them in our lives. They don't help motivate us, they don't encourage us and these things or people are just there taking up space.

Think about it for a moment. Are you one of those people who knows that it is time to let go and move on so you can be the best you possible? Maybe you have been holding on and waiting for the weather to change before you get the strength to do something amazing. Well if that is you, then take a look outside. The weather changed and the sun is shining bright on you. Maybe it's time for you to do your "spring-cleaning."

And as always, stay focused, stay determined, and keep striving for greatness.

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