

## Spring: Time for a Fresh Start in Your Life



By Gayle Crist,  
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Spring is traditionally the time we do a deep clean of our house—often called “spring cleaning”. We look in all the corners and under the furniture for the dirt and messes we’ve overlooked or ignored

the rest of the year. We wash the windows and the curtains, and we clean the draperies, rugs, and carpets. We might even sort through the garage or attic or other overcrowded space.

As a life coach, I also like to encourage people to think of spring as a time for another kind of cleaning: “life cleaning”—a time to purge your life of things, ideas, and “stuff” you no longer use or need or that are blocking you from contentment and joy.

You know the stuff I’m talking about—toxic relationships; old, worn-out possessions; bad habits; action steps jotted on outdated to-do lists that you never get to; piles of magazines, mail, or other clutter that you’ve been meaning to sort through. The list of stale, useless, joy-robbing things, situations, or people in your life is often long.

And it stays that way until you make a promise to yourself to cull it down and/or dispose of it and START FRESH—with a clean slate.

Easier said than done, right?

**I firmly believe that we need to get rid of the old to make way for the new in our lives.** So I work with people who need some extra motivation to discard the unwanted in their life so they have room for what they want instead.

For example, not that long ago, I worked with a woman in her 30s who wanted to start her own home-based business but had no physical space in her apartment or time carved out in her schedule to move forward with that goal. She had a clear vision and even a business plan for

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the company, but she was stuck because she hadn’t designated a spot for an office at home and didn’t know when she’d find time to work on implementing her business plan (since she still had a full-time job).

Together, we mapped out a strategy with baby steps she could take week by week to free up a corner of her living room for her office. This involved sorting through and tossing out books from a bookcase and emptying some of the hall closet to make space for a desk and filing cabinets. Then, we looked at her calendar for the next 3 months and pinpointed 2-hour blocks of time twice a week that she could devote to the legwork needed to launch her business.

Four months after our first coaching session, she was on her way! She just needed someone to help her fine-tune her vision and make a game plan to reach her goal and then to moral support her along the way. That enabled her to make her business launch a priority in what she once thought was a life that was too busy and a living space that was too chaotic to enable her dream to take shape.

This client (now an entrepreneur!) made a fresh start: By founding her very own startup company, she laid the groundwork for leaving her old job and taking her life in an entirely new direction! Is there some area of your life where a fresh start is needed? Do you dream of:

- Starting on the path toward writing your first book

- Leaving behind a relationship that no longer works for you
- Moving to a smaller home to simplify your life
- Preparing to date again after divorce or widowhood
- Going back to school to prepare for a career change
- Buying that RV for retirement trips and planning the first one

These and any other goals or transitions in your life can be easier when you have a life coach to support you as you not only plan and complete the steps but also determine ways to overcome whatever obstacles appear (real or imagined).

People often think they’re ready to proceed on the way to a goal or to navigate a life transition but then are surprised to find themselves confused, unmotivated, or even paralyzed with fear when it’s time to take the first step. With a coach by your side holding you accountable, these challenges won’t stop you. You can make that fresh start faster and more easily than if you tried to do it alone—because you’re spurred on by someone who believes in you, cheerleads you, and roots for your success.

This spring, think about your goals and/or dreams. Think about one way you want to make a fresh start. Then, make it happen by taking the first step to get someone to partner with you on that. I’d love to be that partner!

## HEALTHY LIFE PLANNING

*Struggling To Get Through  
A Life Transition?*

**A Life Coach can help!**

- Moral support getting through any life transition
- Brainstorming help & suggestions to move forward
- Help creating & sticking to a transition plan
- Cheerleading to stay positive & focused along the way

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