



## Things to Ponder

- [About the Author](#)
- [Order](#)
- [About the Book](#)
- [Reviews](#)
- [Readers' Comments](#)
- [News & Events](#)
- [A Prayer for the Day](#)
- [Things To Shout Out!](#)
- [Things to Ponder](#)
- [My Favorite Quotes](#)
- [FAQ](#)
- [Contact](#)
- [Home](#)

### Spring Renewal

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*By Judi Moreo*

The seasons have officially changed. In the northern hemisphere (we have entered) spring. For weeks now, there have been signs of the awakening of the earth. Buds have appeared on trees, green shoots are peeking out of the ground. Daffodils, narcissus and grape hibiscus are springing up and blossoming in meadows, fields and gardens.

Everywhere we look, we can see leaves and flowers that weren't there yesterday. The days are longer, lighter and brighter. We've packed away the winter sweaters and pulled out short sleeved shirts, sundresses and sandals. Gone are the dull grays and browns of winter, replaced by soft blues and brilliant greens. There's quickness in our step and a longing to be outdoors. Change is everywhere.

When we look and listen carefully, spring challenges us to be aware of changes that need to take place in our lives. "Spring cleaning" is not just for the closets; it is for the body, mind and soul, as well. Open the windows and let in some fresh air...not just in your home or office, but also in your mind.

Challenge yourself to get rid of some clutter this month. Give away anything in your closet you haven't worn in a year. When you get out your spring and summer clothes, try them on. If it doesn't fit or the style isn't quite right...give it away. You know you won't wear it anyway, so why hold on to it. Make room in your closet and your life for something new. You'll be doing something for someone else while you're at it. There are many people who would love to have the things that are gathering dust in your closet. Find a shelter or church in your community to support. You'll feel doubly good about yourself next time you get into the closet.

Are you holding on to all those paid bills and tax documents from 20 years ago? Do you have stacks of catalogues from your favorite stores? Are you keeping them because you might want to order something? Receipts? Unless you are going to claim them on your taxes or need to get a reimbursement from your company, is there really a reason to keep them lying around? Go through your papers, coupons, catalogues and "stuff". If it isn't current or immediately useful, get rid of it.

Do you still have the broken lounge chair from two summers ago that's too good to throw away, but needs repair? If you haven't gotten around to repairing it by now,

you probably never will. Give it to someone who will. Is the treadmill still gathering dust in the garage? Get it out and commit to using it every day or put an ad in the paper and sell it. If you're not using it, seeing it every time you go in the garage only makes you feel guilty and clutters up your thinking as well as the garage!

Open your mind. Let go of some old habits and ideas that are no longer serving you. Stop holding onto old hurts and beliefs that are holding you back. Let in some clear thinking and fresh ideas. Take a chance, try something new. It's spring, after all, the time of renewal and growth. Go for it – remember, you are more than enough to do anything you want to do.

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