

20th April 2010

Now the good weather is here, it's the perfect time to put a spring in your step!

Spring is here and it's time for clearing the clutter out of your home and the office. However, instead of going in search of the bin bags, why not put yourself first?

With the dark winter days behind us, it's a fantastic time to take a step back and re-evaluate your life, relationships and career, says Phil Parker, personal development expert and designer of the Lightning Process ®

With just a few changes, you could really put a spring in your step! So here are his tips:

First - create a plan

Make a list of the things you are not yet happy with in your life.

Recognise the things from this list that are within your power to change and those that are not.

Create a plan of action to change those things you can do something about and note down the first step for each item. Every adventure starts with a small step, you will be amazed at how quickly you can make changes once you start.

More time, less stress

Maximise your time by watching an hour less TV per day, and do something more productive. If you work, make sure you take your lunch break – this actually increases productivity and will give you time to go for a walk, catch up with a friend or run those errands you never seem to have time for.

Reduce stress in your life. You could do this by making sure you leave 10 minutes early so you're on time, relaxed and well prepared for work or meetings. Schedule time in your diary for friends/family/holidays. Take time out to relax and focus on what you want – not just what others want. Look at your to do list. If anything is on that list that has been there for more than 2 months and you are not doing anything towards it apart from stressing about it, then it's probably not actually as important to you as you thought it was – otherwise you would, have done something about it. Take it off the list.! How does it feel to have one less thing to drag around?

Life aims and direction

Think about all the aspects that make you up as a person and create a list of your skills, interests, resources, and contacts – this will enable you to recognise what you have already achieved. It will also help identify your goals and dreams, or even give you a whole change of direction.

When listing your goals, dreams and aspirations, add pictures, forming a mini book or collage to inspire you and keep you working towards your ambitions!

Take time out every day to notice how your life changes and improves as you move through the weeks and months. Picture and plan what your life would be like with a work-life balance, a tidy organised home life and relaxing or productive weekends. Use this as your motivation
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to get the things you want. If this was your last day on the planet, and everything you did today was the sum total of what you've learnt, the biggest expression of who you are...what would you do?

Just do it – and act decisively!!

Stop procrastinating – make the phone call, arrange the meeting, apologise to whoever it may be – it's never as bad as you have imagined. The weight on your shoulders will float away once you stop putting things off.

Take simple steps to reduce negativity in your life – for example, review your relationships with friends and family and maybe cut loose those negative relationships that are not contributing positively to your life. Instead, devote time and energy to the ones that do.

And if you do nothing else...

Learn to accept and notice the great things about you and enjoy the person you are. Be positive. Spend a day looking for positive things in your life and notice how much your outlook on life changes.

Spring clean your life and make the most of your potential. Success is in your hands!

Phil's latest book [The Ten Questions To Ask For Success \(ISBN 9780955648212\)](http://www.lightningprocess.com) is available from bookshops and the website www.lightningprocess.com

Note to editors:

Clients with the following have shown real benefit: ME (Myalgic Encephalopathy); CFS; FM/Chronic pain; IBS and digestive issues; food and chemical intolerances; weight loss; eating disorders; addiction; anxiety and panic attacks; stress and struggle; low self esteem; self doubt; OCD and depression.

Further information on The Lightning Process can be found at:www.lightningprocess.com

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