



March 21, 2024

Believe it or not, two days ago was the first day of spring. (Not that we'd know based on the weather, which at least here in the Northeastern US, is giving me serious whiplash lately).

You'd think I'd be excited about the flowers that are about to bloom, or even for spring break (still over a week away in my world!).

Instead, all that's on my mind is all of the spring cleaning ahead of me. 🧹🧼

I'll be honest. There's a lot to do in my house.

And at first when I thought about it, I was freaking out.

How would I ever get it all done?

Then I thought, wait a second, I'm a coach! Let me coach myself through this.

How can I tackle what needs to be done in a thoughtful, less frantic way?

I decided to pick one room a week that I can go through and organize by creating piles for trash, recycling, donation, and of course, keeping (if you're wondering whether my collection of Spice Girls CDs stay or go, despite the lack of a CD player, I'll fill you in: THEY STAY). 🙌

Now the task ahead of me feels less daunting - I know I don't have to get everything done at once, I feel like I can actually enjoy myself knowing I'll take on a little bit at a

time (and of course, listen to Spice Girls and sing at the top of my lungs while doing so), and I'm excited for the transformation to come.

As I was going through this exercise, I had a realization. 💡

What I have been going through thinking about how to tackle spring cleaning in order to feel more energized and fulfilled around the house is actually similar to what a lot of folks feel when it comes to career stagnation.

Just as spring cleaning involves clearing out clutter and making space for new things, if you're feeling stagnant in your career, there's no better time than now to spring clean your career path!

Below are some thought starters to get you on your way:

➔ **Reassess your career goals**

Does what you're doing now feel fulfilling? Are you ready for a new challenge, either within your current organization or elsewhere? What do you see for yourself over the next 1, 5, 10 years? How do you want life to look and feel?

➔ **Identify areas for development**

What's a stretch assignment you can ask for from your manager? Who's someone you've been wanting to collaborate with that you've been a little nervous to reach out to? Who's that one person on LinkedIn you've noticed has a pretty cool job that you've been wanting to learn more about? What's a class or certification you've been eyeing that simply sounds compelling to you?

➔ **Take proactive steps to revitalize your professional journey**

What is one thing you can do TODAY to jumpstart your journey? Remember: it may feel just a little bit uncomfortable, but take it from me: discomfort often accompanies growth and transformation.

Just like my house is about to see!

Let me know the one thing you choose, and if you're looking for support with this, let me know. I'd love to do so.

Cheers, Tracy

I offer 1:1 coaching, group coaching, team facilitation, and public speaking, and tailor offerings to the specific needs of you/your workplace. [Contact me to learn more.](#)

Are you an emerging or established leader looking for support? Do you long to show up as your most confident self? Do you dream of the day when leadership feels effortless? If any of this describes you, [schedule a FREE 30 minute clarity call with me here](#) and make your struggles a thing of the past!