



**CENTERSTONE**  
**Wellness Program**

## **Spring Clean Your Life: Four Tools from Gardening 101**

### **1. Prepare the Soil**

As any gardener knows, the first thing in preparing a garden is to clear out the weeds. A number of unfavorable things can build up in a garden to keep it from growing. Weeds are just one type of deterrent. What in your life is sucking out the vital nutrients and keeping you from flourishing? Are there bad habits that continually drain you from being your authentic self? Is there some inorganic substance matter drying out the good seeds you plant? Is there an addiction or unhealthy or dangerous part of your lifestyle? What most needs repairing? You must begin removing some weeds before new growth can start.

**Practice tool:**

A weed I need to eliminate is \_\_\_\_\_.

One step I will take is \_\_\_\_\_.

### **2. Plan and Design the Landscape**

Renovating your life doesn't have to be as challenging as redesigning your home or garden. Taking time to plan and prepare for your ideal future will set the stage for implementing new goals that can benefit your life for years to come. What do you most want to attract? What do you see your life reflecting? You are the architect of your life. Utilize the power of personal choice and responsibility, and be proactive in planning your life. What stepping stones will get you where you really want to go?

**Practice tool:**

I want my life to reflect these qualities and characteristics

\_\_\_\_\_.

I can attract and acquire these qualities by

\_\_\_\_\_.

### **3. Plant Desired Seeds**

Now you are ready to plant the seeds that will encourage a fresh, new, colorful future. Just as the seeds you plant today determine what will bloom soon, the decisions you make now will affect your tomorrow. What kind of "annuals" do you want to inspire in your family, in your work and in your relationships? Perhaps you hope to plant love, honesty, communication and joy, to name a few. Once you establish the foundation of your highest values and priorities, you can immediately plant a variety of seeds that will germinate toward your desired success.

**Practice tool:**

Areas of my life (children, marriage, finances, health, friendships, activities, spirituality, community involvements) I most want to see bloom include \_\_\_\_\_.

Today I will plant a seed to begin its growth by \_\_\_\_\_.

#### 4. Prune to Accelerate Growth

Maintaining your health requires personal care, time and attention. What habits, thoughts or behaviors need to be pruned from your life? Perhaps it's a negative attitude or disorganization that leaves you winded and stressed. You may not achieve perfection and have your "garden" featured on the cover of a magazine, but you can actively shape the direction of your life. What represents the daily water and sunlight you most need during this season? What people and activities serve as rich fertilizer for your soul? And, as with a garden, practicing patience with yourself and others is vital. Prune back any negatives in your life so that energy will be redirected toward achieving your goals.

**Practice tool:**

An area of my life that requires regular pruning is \_\_\_\_\_.  
I will prune, shape and encourage its growth by \_\_\_\_\_.

You can begin to spring clean your life today! Dust off your life management tools, and get ready to reap a tremendous harvest. Take time to prepare, plan, plant and prune. You may need to talk with a professional if you feel covered up in the weeds of life. Some winters are harsher than others and even thinking about a new garden is overwhelming. If you or someone you know needs help, contact Centerstone at (615) 460-HELP (4357).

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#### About Centerstone

Centerstone, a not-for-profit organization, has provided a wide range of mental health and addiction services to people of all ages for more than 50 years. Through more than 60 facilities and 170 partnership locations across Middle Tennessee, Centerstone serves more than 50,000 children, adolescents, adults and seniors each year. Centerstone is accredited by The Commission on Accreditation of Rehabilitation Facilities (CARF). For more information about Centerstone, please call 888-291-4357 or visit [www.centerstone.org](http://www.centerstone.org).

#### About Susan Gillpatrick, MEd, LPC, CTS

Susan Gillpatrick, Centerstone Crisis Management Specialist, primarily works in the field with clients in critical incident response situations, and in Centerstone's wellness trainings and presentations. She is also responsible for planning and implementing marketing and growth strategies for Centerstone's Crisis Management Strategies.

Ms. Gillpatrick is a Licensed Professional Counselor, Certified Trauma Specialist, Certified Workplace Conflict Mediator, and Mental Health Service Provider in the state of Tennessee and a National Certified Counselor. She is also a member the American Counseling Association, the Association of Traumatic Stress Specialists, the Tennessee Mental Health Counseling Association, and the Middle Tennessee Employee Assistance Professionals Association. She is a frequent presenter at local and national conferences, and has had numerous articles published. She received her Master of Education degree in Human Development Counseling from Peabody College at Vanderbilt University.