



March Focus: March brings warmer weather and the inspiration to tidy the person we are and the environment in which we live. The goal of all spring cleaning is reorganizing, reprioritizing, revitalizing and reconnecting. By taking the time for self and home improvement, a man can continue to celebrate who he is and those he loves.

Regardless of where you live, spring is a natural time to take stock of what you have accumulated around you whether that be dirt, clutter or general disorganization. The good news is, you don't have to take it all on at once. Prioritize what is important and get started. Spring cleaning is good for the spirit.

General Spring Cleaning Tips

1. Clean your grill. Get it ready for summer grilling. Make sure not to use harsh chemicals, as warm soap and water will do. Once the grill is clean, fire it up, and spend time with the kids by brushing BBQ sauce on your favorite cut of meat.
2. Take the time to look at your budget and make decisions on how to move forward. Use the income tax return to pay on bills, make purchases to benefit the family, but make sure to save a few dollars to share with the kids. Build a memory by doing something together. It only takes a few dollars to go a long way creating a lasting memory.
3. Get outside and clean up the yard. Spend a few hours pulling weeds, cleaning the yard for the first mow or trimming the branches. Being outside is good for your health. Get the kids to help.
4. Take inventory of yourself to decide what is working well and what area need attention. Celebrate your manhood but strengthen yourself and deciding on what one area could use some revitalizing.

What part of my home needs to be reorganized? _____ What is the first step in getting that done? _____ What part of my life needs to be reorganized? _____ What is the first step in accomplishing this challenge? _____

The top three priorities in my life are: 1. _____ 2. _____
3. _____ Are these priorities in a good place or do they need a tweak? _____

When I think of revitalizing things my life I think of _____. I think of this because _____. For me it is important to consider _____ to revitalize what I think is missing or not in a good place.

Ensuring that I am connected to others is important. I was just thinking the other day about _____ and wondered how things are going. I probably need to reach out and check in.



Spring cleaning is good for everyone. Children need a dad that first takes care of himself before handling their needs. By reorganizing, reprioritizing, revitalizing and reconnecting in his life, a dad can model behaviors his children will pick up on and incorporate into their own.