Spring – the perfect time for self-improvement

By Cal Stone

It’s spring, the tradi-
tional season of renewal. Why not apply that same concept to personal growth? Spring is the season for renewal and the perfect time to make positive changes and focus on self-improvement.

According to Mary-Kate O’Hearn, manager of the Sleep Lab at Saint Joseph Mercy Health System, spring is the ideal time to make positive changes because our bodies are naturally in a state of renewal during this season. As we start to shed our winter layers and expose our skin to the warm sun, our bodies are also ready to shed old habits and embrace new ones.

O’Hearn recommends setting realistic goals for yourself and breaking them down into smaller, manageable steps. This can help you stay motivated and make progress towards your desired outcome.

“Spring is a great time to set new goals and work on personal growth,” says O’Hearn. “It’s a time for fresh starts and new beginnings.”

Whether you want to lose weight, improve your fitness, or learn a new skill, spring is the perfect time to take action. So why not embrace the spirit of renewal and make this season all about self-improvement? You could start by making small changes to your routine, like waking up 15 minutes earlier or exercising for 30 minutes per day.

As the temperatures warm up and the days get longer, take advantage of this opportunity to focus on your own well-being. With a little bit of effort and determination, you can achieve your goals and lead a healthier, happier life.

Remember, the key to success is consistency. Set realistic expectations for yourself and stay committed to your goals. With each small step you take, you’ll be one step closer to achieving your desired outcome.

So why wait until next spring? Start making positive changes today and embrace the spirit of renewal.

The perfect time for self-improvement is now!