



Your Wellness Is Our Business



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Become the  
Cleaning  
Guru of  
Your Own  
Headspace



## Talk of the Town

Before the Lunar New Year, many families would initiate a thorough clean-up of their homes, which traditionally symbolises sending off the past and welcoming new beginnings in hopes of ushering in good fortune for the year ahead. Nonetheless, beyond cleaning our living spaces, we should also look within and undertake a “cleansing of our inner landscape.”

In the fast-paced modern world, our minds are constantly under information overload and our thoughts can easily become preoccupied by trivial matters. This mental clutter not only wastes time but also heightens anxiety and stress. Engaging in practices such as meditation, journaling, or talking with friends can help us filter out unnecessary thoughts, gain clarity and enable us to focus on the task at hand. Only when we learn to let go of past burdens and future worries can we fully savour each moment in life with peace of mind.

After tidying up our residences, we can also try applying the principles outlined in “Hope Theory”, which was proposed by American psychologist Dr C.R. Snyder to help us rebuild motivation and regain momentum in the New Year:



01

### Goals: Establish “SMART” objectives

Use the SMART (Specific, Measurable, Achievable, Relevant, Timebound) framework to define your targets.

02

### Pathway Thinking: Develop workable plans

For every goal, try to think of more than one possible route to success, allowing you to adapt flexibly when facing challenges. In the coming year, experiment with different methods and strategies to map out viable paths that suits you best.

03

### Agency Thinking: Boost your sense of self-efficacy

Reflect regularly on your progress and celebrate all small achievements. Over the next year, motivate yourself, seek support, and maintain a positive mindset to reinforce your own self-efficacy.

After taking the time to clear off “cognitive caches”, not only do we enhance our mental wellbeing but also foster a more positive outlook on life. By conducting not just a physical but also a mental Spring Clean, we can all look forward to a better version of ourselves in the New Year.

# Love and Beginnings



Convention dictates that “On the antepenultimate day of the lunar year, thou shalt wash away all the grime!” As the Lunar New Year approaches, are you ready to tidy up your home? The New Year deep clean is very much like the concept of “decluttering” — discarding items you no longer need to free up space for what truly matters, leading you to rediscover a simpler, happier life. Let’s make the most of this opportunity and try the “Four-box” method to give your home a proper sort-out.

1 First, prepare 4 boxes, each labelled: “Keep,” “Relocate,” “Give Away,” and “Discard” Respectively.

2 Start with any room in your domestic residence. Walk inside and start placing items in that room into any of these four boxes according to how frequently you use those items.]

3 If you’re ever unsure, ask yourself, “Which box does this item belong in if it has to be categorised into one of them?”

4 Focus on one room at a time and be sure to take a break once you’re done.

## Company Information

Four Dimensions Consulting Limited (FDC) is a private limited company set up by Hong Kong Christian Service (HKCS) in 2005. Employee Development Service (EDS) of HKCS is the first EAP provider in Hong Kong since 1991. We offer total solutions to assist employees with work/life issues, develop strengths/potentials, increase work engagement and positivity at work, which ultimately enhance organizational excellence and sustainability.



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