

# QuickieChick's Video Dating Tips: Spring Clean Your Personal Life



By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Laurel House on Personal Life Spring Cleaning

It's time for some serious spring cleaning! But before focusing on your wardrobe and work space, purge what's really cluttering up your personal life: people. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House encourages you to take a look at old flames who are just using you or new crushes who only seem interested in a booty call. Consider your friendships too – they should be mutually-beneficial relationships that make you feel confident and happy. Who isn't serving you anymore? Who is hurting you? You can only open yourself up to new opportunities – maybe even tall, dark and handsome ones – if you get rid of unnecessary baggage and refresh your personal life. Remember that you deserve to love and be loved. Happy spring cleaning!

For more information about our dating mentor, click [here](#).

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How do you plan to clean up your personal life this spring?

**Tell us in the comments below!**