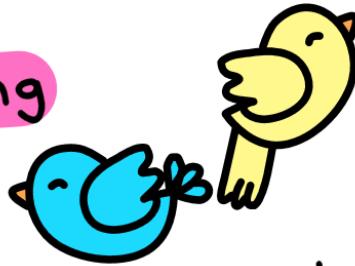
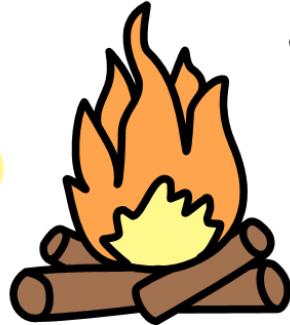


Spring Self-Care



Visit a
Farmer's
Market

Go camping



Do things
that make you
feel happy



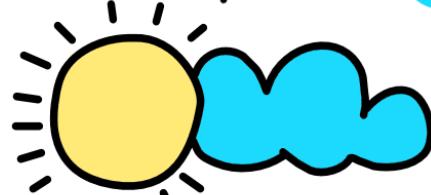
Water your
dreams and
goals



Focus on how
you're growing



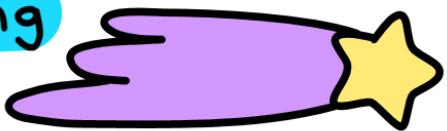
Create a
nourishing
morning routine



Spend time
outside in the
fresh air



Go star-
gazing



Start on
your spring
cleaning

What are your favorite ways to celebrate spring?

Spring Self-Care Challenge

Day 1	Day 2	Day 3	Day 4	Day 5
Make a goal to finish by summer	Create a playlist of upbeat music	Channel your inner Snow White	Get physical outside	Buy new spring clothing
Day 6	Day 7	Day 8	Day 9	Day 10
Air out your living space Let sun in	Pick flowers and then press them	Make friends with your body	Find a spring-theme meditation	Go easier on yourself
Day 11	Day 12	Day 13	Day 14	Day 15
Go out for dessert and eat outside	Clean up your digital device storage	Make a seed bomb	Try something new-to-you	Put on music and sit outside
Day 16	Day 17	Day 18	Day 19	Day 20
Simplify your schedule	Read something light & fun	Visit a Farmer's Market	Take a nap in the sunshine	Do some spring cleaning
Day 21	Day 22	Day 23	Day 24	Day 25
Make a fruit or veggie dish	Go on a nature walk	Connect with Spring Goddesses	Create an outdoor space	Get a new houseplant
Day 26	Day 27	Day 28	Day 29	Day 30
Change the energy of your home	Find a new outside hobby	Put on nature sounds and relax	Go camping or hiking	Light a campfire & hang out

Spring Cleaning

Big vs Little

Find out if doing the big stuff first will make you more motivated or little stuff will make you less overwhelmed.

Get Rid of Things You Don't Need

How many times have you used it in the last year? Can you live without it?

Start With Decluttering

Get rid of the little stuff. Junk mail, magazines, broken toys, etc.

Digital Decluttering

Delete old apps, programs, pictures, and old files on your devices.

Get Spiritual

Add in a spiritual element like blessings, prayers, or music.

Make your own cleaning supplies

What's on your cleaning to-do list?

Make it fun!

❤️ Drink your water today.

❤️ Remember how awesome you are.

❤️ Things get better.

❤️ You're an amazing human being.

❤️ Believe in yourself.