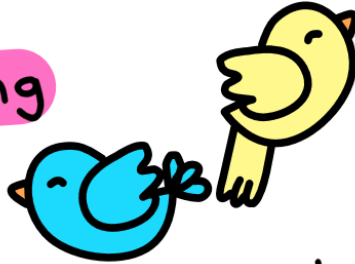


Spring Self-Care



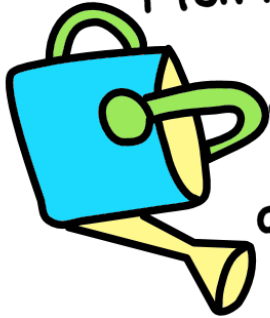
Visit a
Farmer's
Market

Go camping



Listen to
birdsong

Do things
that make you
feel happy

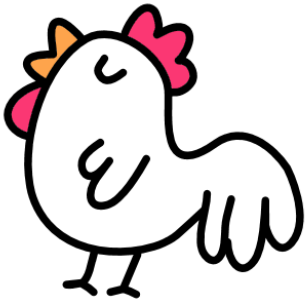
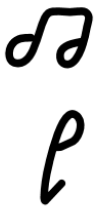
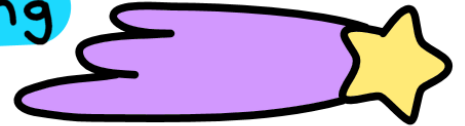


Water your
dreams and
goals

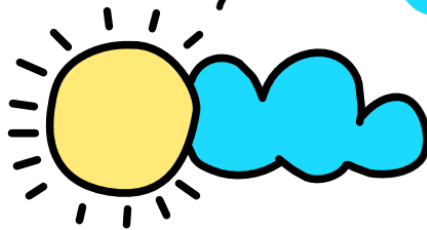


Focus on how
you're growing

Go star-
gazing



Create a
nourishing
morning routine



Spend time
outside in the
fresh air

Start on
your spring
cleaning



What are your favorite ways to celebrate spring?

Spring Self-Care Challenge

Day 1

Make a goal to finish by summer

Day 2

Create a playlist of upbeat music

Day 3

Channel your inner Snow White

Day 4

Get physical outside

Day 5

Buy new spring clothing

Day 6

Air out your living space
Let sun in

Day 7

Pick flowers and then press them

Day 8

Make friends with your body

Day 9

Find a spring-theme meditation

Day 10

Go easier on yourself

Day 11

Go out for dessert and eat outside

Day 12

Clean up your digital device storage

Day 13

Make a seed bomb

Day 14

Try something new-to-you

Day 15

Put on music and sit outside

Day 16

Simplify your schedule

Day 17

Read something light & fun

Day 18

Visit a Farmer's Market

Day 19

Take a nap in the sunshine

Day 20

Do some spring cleaning

Day 21

Make a fruit or veggie dish

Day 22

Go on a nature walk

Day 23

Connect with Spring Goddesses

Day 24

Create an outdoor space

Day 25

Get a new houseplant

Day 26

Change the energy of your home

Day 27

Find a new outside hobby

Day 28

Put on nature sounds and relax

Day 29

Go camping or hiking

Day 30

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


Make it fun!

What's on your cleaning to-do list?




 Drink your water today.

 Remember how awesome you are.

 Things get better.

 You're an amazing human being.

 Believe in yourself.