

Spring Cleaning

A SEVEN DAY PLAN TO A HAPPY + HEALTHY LIFE

MIND

MEDITATE Spend at least 5 minutes a day breathing, praying, and/or finding stillness.

JOURNAL 1. How am I feeling today?
2. What is causing me stress or anxiety and how can I choose to let these feelings go?
3. What am I grateful for today?

SOCIAL MEDIA Decide whether you want to limit your time on social media OR detox completely for the next 7 days. Limit your time spent scrolling by turning on a timer. Track the number of minutes spent on each platform. This will make you aware of empty minutes that could be used elsewhere.

BODY

EATING What you put into your body is FUEL. For the next 7 days say NO to all ADDED SUGAR. Trust me, you'll feel much better. Stay hydrated by drinking at least 8 cups of H2O a day.

EXERCISE Move your boo-tay! When you exercise your body releases endorphins, and like Elle Woods told us, "Endorphins make you happy!" Try to move your body for 30-60 minutes a day.

AFFIRMATION You are STRONG! In the morning when you wake-up, and at night before you go to sleep, give yourself a little pep-talk. Tell yourself at least ONE positive affirmation.

Space

CLEAN Where are the places in your home or workplace that are causing you extra stress? Use your Happy Planner® to PLAN how + when you are going to CLEAN these spaces.

ORGANIZE Once you've finished cleaning the stressful spaces in your home or workplace, decide the areas that need a little EXTRA attention. Organize the heck of it, and you'll feel GREAT!

UPKEEP YAY! You did it! Now that your space is neat + clear, try your very best to keep it nice + tidy for the next 7 days!

THE *happy* PLANNER

DAY 1

- 5-Minute Meditation
- Journal
- Track # of Minutes on Social Media
- NO sugar
- 8 cups of H2O
- Movement (30-60 mins)
- Morning + Evening Affirmation
- Clean/Organize
- Upkeep

DAY 2

- 5-Minute Meditation
- Journal
- Track # of Minutes on Social Media
- NO sugar
- 8 cups of H2O
- Movement (30-60 mins)
- Morning + Evening Affirmation
- Clean/Organize
- Upkeep

DAY 3

- 5-Minute Meditation
- Journal
- Track # of Minutes on Social Media
- NO sugar
- 8 cups of H2O
- Movement (30-60 mins)
- Morning + Evening Affirmation
- Clean/Organize
- Upkeep

DAY 4

- 5-Minute Meditation
- Journal
- Track # of Minutes on Social Media
- NO sugar
- 8 cups of H2O
- Movement (30-60 mins)
- Morning + Evening Affirmation
- Clean/Organize
- Upkeep

DAY 5

- 5-Minute Meditation
- Journal
- Track # of Minutes on Social Media
- NO sugar
- 8 cups of H2O
- Movement (30-60 mins)
- Morning + Evening Affirmation
- Clean/Organize
- Upkeep

DAY 6

- 5-Minute Meditation
- Journal
- Track # of Minutes on Social Media
- NO sugar
- 8 cups of H2O
- Movement (30-60 mins)
- Morning + Evening Affirmation
- Clean/Organize
- Upkeep

DAY 7

- 5-Minute Meditation
- Journal
- Track # of Minutes on Social Media
- NO sugar
- 8 cups of H2O
- Movement (30-60 mins)
- Morning + Evening Affirmation
- Clean/Organize
- Upkeep

Decide what you want to clean and/or organize each day!
(Fill in the blanks below)

Clean / Organize DAY 1:

Clean / Organize DAY 2:

Clean / Organize DAY 3:

Clean / Organize DAY 4:

Clean / Organize DAY 5:

Clean / Organize DAY 6:

Clean / Organize DAY 7:

#HAPPYandHEALTHYinSPRING