

the Spring Cleaning *Plan*

MOVE YOUR BODY
FOR 30 MIN +

TAKE AN OUTDOOR
WALK

MEAL PREP A
NEW RECIPE

DO SOMETHING
SPECIAL FOR
YOURSELF

CLEAN OUT YOUR
SOCIAL MEDIA
ACCOUNTS

CHECK IN & REVISE
YOUR ME PLAN

TRY A NEW WAY TO
MOVE YOUR BODY

FREE SPACE

PAUSE TO DECLUTTER
YOUR MIND

HAVE A SELF
CARE DAY

CLEAN OUT YOUR
PURSE

SPEND 30 MINUTES
OUTSIDE

CLEAN YOUR
OUTDOOR AREAS

LISTEN TO YOUR
FAVORITE PODCAST

PURGE YOUR CLOSET
+ DONATE

