



## SPRING CLEANING CHECKLIST

THE SHORTEST AND YET, MOST REWARDING SPRING CHECKLIST

### DECLUTTER

✓

confusing thoughts. write them down. think them through.  
maybe pen them on a piece of paper and make a fire with them.  
safely please. and don't forget the wine as you watch them burn.

### REFRESH

✓

those grey winter days with some more outdoor time.  
maybe some barefoot walking on the grass?

### TOSS

✓

toxic relationships: choose who chooses you.  
the ones who don't choose you, embrace that this is life.  
pray them well, wish them good, let them go.

### "SANITIZE"

✓

your eating habits. it can change your mood.  
that very sugary thing you had in your pantry?  
say goodbye to it.

### REPLACE

✓

tv time with time to do something you wished you  
would do more of (being on your phone is not an option)

### WASH

✓

your routine: one thing that can be simplified. how can you make  
it happen?

