



28 Day Spring Clean Challenge



1. Get up earlier than normal and go for a walk. Have your clothes & shoes ready to go beside your bed	2. Sound off 5 things you are thankful for today. Start and finish the day with this ritual	3. Clean out your handbag and/or reorganise your wallet	4. Get up 30 minutes earlier and enjoy a good breakfast	5. Reorganise your office or work desk	6. Do something nice for someone else today, without the thought of praise or return	7. Clean and organise your kitchen, including the cupboards, drawers, pantry, oven, microwave and floor
8. Pop the phone away and spend some time playing with the family	9. Do something creative	10. Clean and organise your bedroom. Don't be afraid to change it up!	11. Take a truth pill and clean out your wardrobe. Donate anything you no longer need	12. Have something green with each meal today – and no, green jellybeans don't count ;-)	13. Replace one of your daily coffees or soft drinks with a herbal tea	14. Try your hand at some yoga
15. Give the bathroom a good clean. Don't forget to reorganise those drawers and dispose of anything expired!	16. Toy Detox time! If you don't have kids, go through any DVD's, books, or excess things you no longer use	17. Create a playlist of your favourite songs. Blast at full volume and dance around like no-one is watching!	18. Reorganise your finances. Create a budget, look at any spending habits, tally up those receipts	19. Clean and reorganise your lounge room. Don't be afraid to wash those cushion covers and bash the rug!	20. Use today to plan your meals for the week ahead by shopping, prepping and cooking if possible	21. Create a vision board or set some goals for the next 12 months
22. Get outside! Mow the grass, pull some weeds, plant a small garden, slow your yard some love	23. Every time you notice a negative thought pop into your head today, replace it with something positive	24. Clean and re-organise your laundry and linen cupboard	25. Enjoy a nice bubble bath, facial and hand or foot massage today	26. Make some phone free time for your partner, a friend or family member	27. Clean out the fridge and defrost your freezer	28. Give yourself a compliment today. Feel free to compliment someone else too!