



SPRING CLEAN YOUR LIFE

WORKBOOK

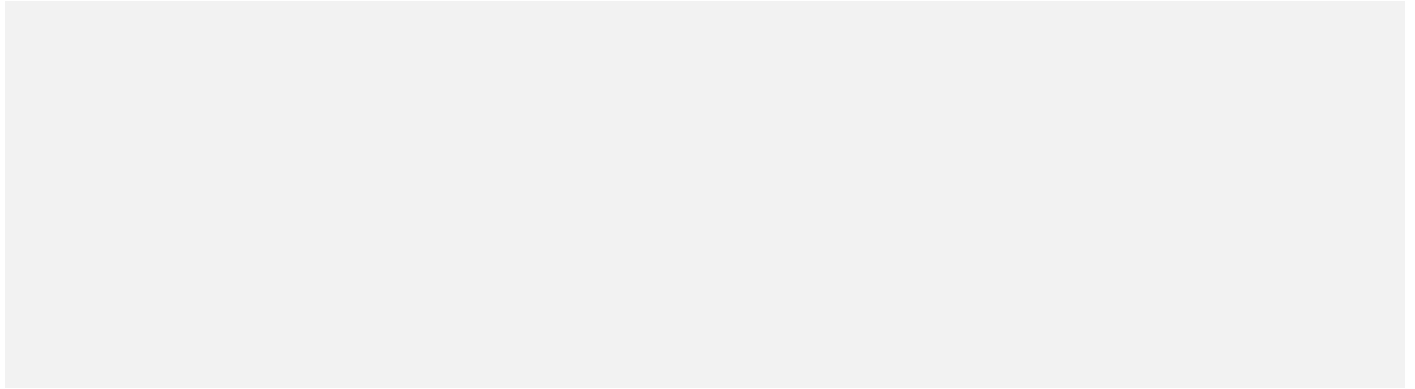


THOSE POSITIVE THOUGHTS

Mind

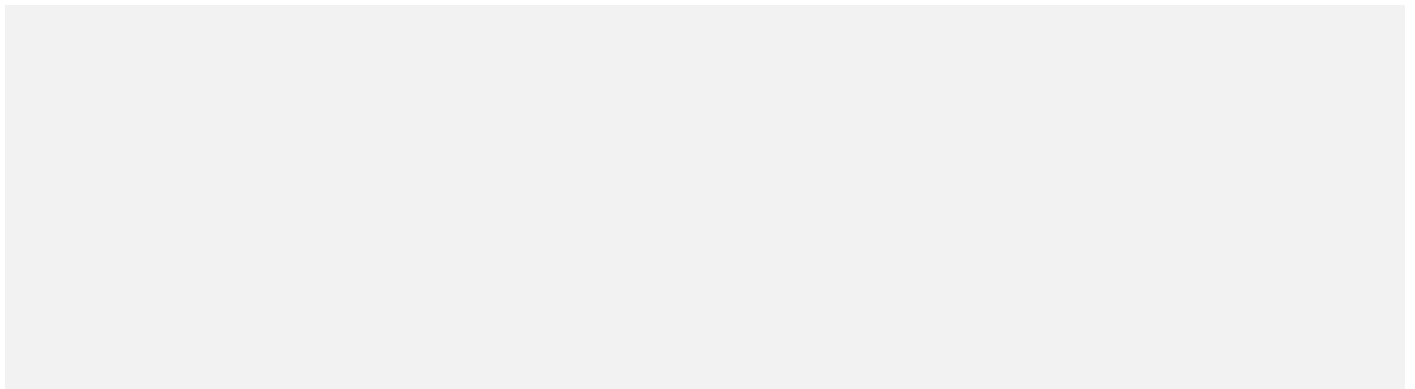
Review your goals: Do you remember those New Year resolutions you whispered to yourself on January 1st? Are these goals still what you desire or have your dreams changed?

My goals



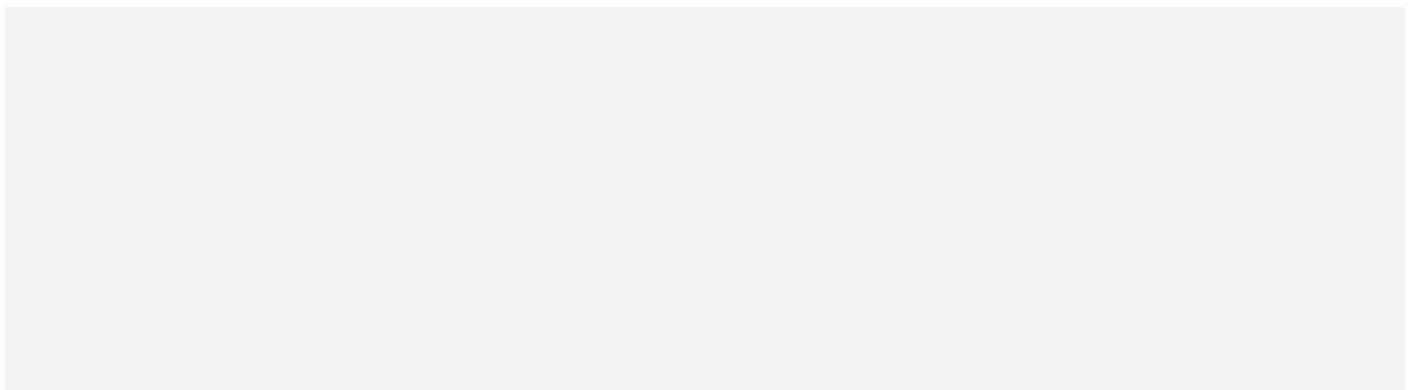
Organise your ideas: De-clutter your mind by writing down all your ideas. You will feel so much lighter and this exercise will probably inspire new ideas as you get into the swing of it!

My ideas



Let go of negative thoughts: Negative thoughts can really hold you back in life. Write down any thoughts which are weighing you down, it doesn't need to flow it just needs to release any tension and negativity building up in your mind.

Letting go



Fun

Spring reading list: What's on your reading list?

Title	Author

Revamp your routine: Has the winter weather pulled you into a slump? Have you created any bad habits? Create some healthy habits this Spring.

My new routine(s)

Schedule fun time: How does your diary look? Have you scheduled time to catch up with friends? Have you planned family time, date night, me time.

People I want to spend more time with

Thing I want to do more of

--	--

Body

Change your look: A change of season is a perfect excuse to change your style. Treat yourself and boost your self-esteem.

My new look will make me feel...

Re-think your diet: Has the winter weather encouraged you to adopt an unhealthy diet? Re-think your diet and make sure you're getting a balance of nutrients by eating plenty of fruit and vegetables.

New meals I'm going to try

Healthy food swaps I'm going to make

--	--

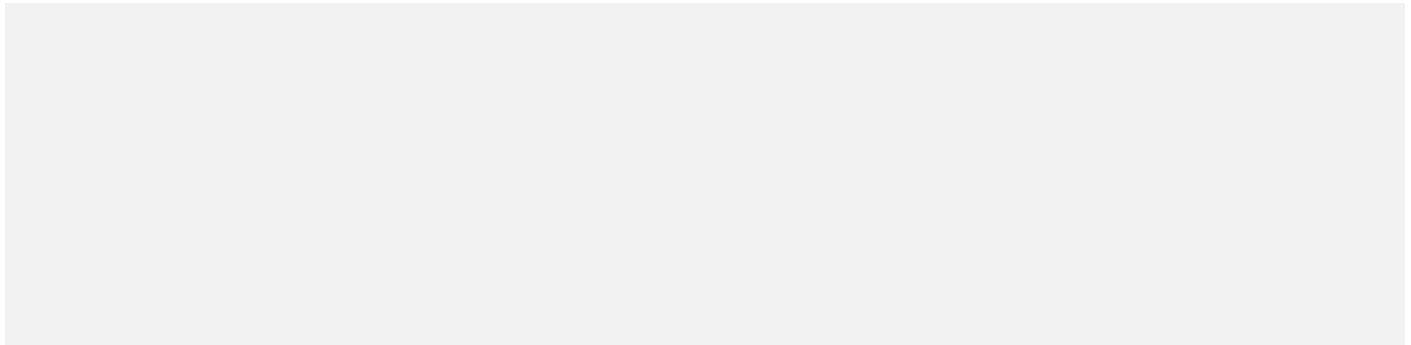
Mix up your workout routine: Experiment with new classes.

New exercises I want to try

Relationships

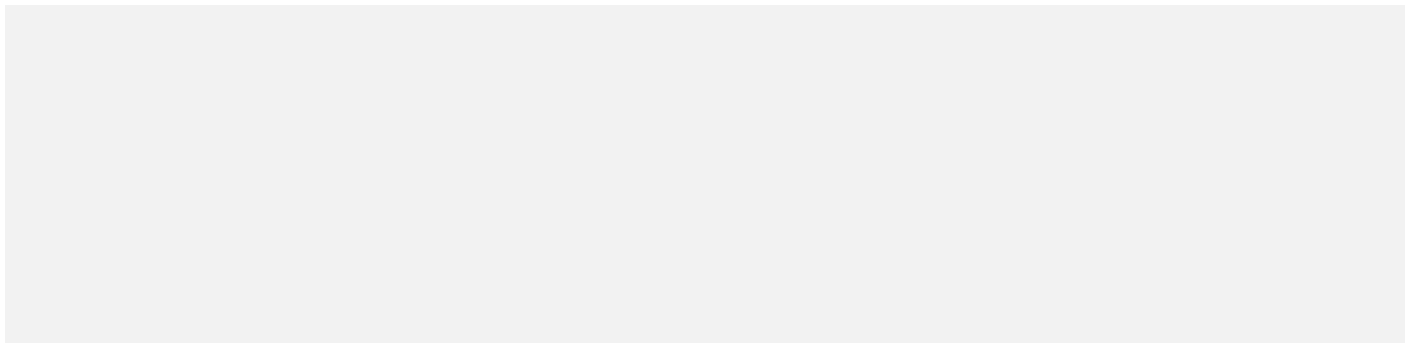
Start saying no: You don't need to do anything you don't want to do and not going to an event simply because you don't want to is a good enough reason.

Things I'm going to start saying no to



Un-commit: Do you have any toxic relationships? Is there anyone who brings out the worst in you, who holds you back in life, who brings negativity into your life?

Relationships I will un-commit to



Re-commit: Have you lost touch with an old friend? Get in touch with past friends or patch up your current friendships.

Relationships I will re-commit to

