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Wholehearted Coaching

7 Spring Cleaning Activities to Clear Your Mind, Body & Soul!

Explore seven ways to embrace the spirit of SPRING, elevating not only the vitality of your home but also nurturing your mind, body, and soul! Take on this April Challenge alongside me and complete every bubble!

1. **Go outside for 30 days!** Put your bare feet on that fresh green grass. Plant your toes into the soil and feel the cool earth under your feet. Grounding is a powerful way to receive energy! Do this at least 5 minutes every day.

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2. **Declutter your space once a week!** Clutter isn't just aesthetically distracting, it actually holds stale energy. Whether it is a corner, a tabletop, a drawer, or closet... find something to declutter. Decluttering and organizing and throwing away something old leaves room for something new to come into your life.

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3. **Plant seedlings on a sunny day!** Depending on where you live, you can begin planting your summer herbs or flower gardens. If it's still too cold, start indoors! Even if you have a brown thumb, gardening is good for you! Get your hands into the dirt and nurture some seeds this spring!

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4. **Engage in a creative activity once a week!** Grab a sketch pad and begin doodling or sketching. Find a friend and paint at a ceramic class. Learn a new language. Try glass-blowing. It doesn't matter what it is, find something to tap into your own creativity . It will bring some really good energy your way.

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5. **Plan ways to reconnect with loved ones/friends once a week!** We've been cooped up all winter, so let's reach out and nurture those relationships. Think of four people who want to pour love into this month and commit to reconnecting.

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6. **Clean your the windows in your home one time this month!** This one feels like work, because it is. But oh my goodness, the benefits! The dust and dirt from fall and winter can layer a cloud of gray over your view that isn't helpful to lifting your mood. Once clean, open them up and let fresh air wash over each room. It will move all the old stagnant energy out of the way.

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7. **Buy a fresh bouquet of flowers each week!** Keep them in your living room or kitchen bringing spring inside your home. It is a great way to brighten your days while we're still warming up. Flowers hold so much energy and essence... they will surely lift your spirits.

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