

Spring Reset: Where to Refocus Your Energy

A simple way to clear mental clutter and refocus your energy on what matters most.

Choose and circle 1–2 habits to focus on this week. Keep it simple and stay consistent.

Work & Daily Responsibilities

Take a moment to reflect:

- What feels overwhelming or unclear right now?
- Where are you overcommitted or stretched too thin?
- What could be simplified, delayed, or removed?

Relationships & Support

Consider your connections:

- Which relationships feel supportive and energizing?
- Where do you feel drained, obligated, or disconnected?
- What boundary or shift would create more balance?

Health & Energy

Check in with your body:

- When do you feel most fatigued during the day?
- Are you supporting yourself with rest, nourishment, and movement?
- What is one small change that would help you feel more steady?

Physical Space (Home / Work)

Look at your environment:

- What feels cluttered, disorganized, or distracting?
- What space would feel lighter with a small reset?
- What can you clear, organize, or simplify this week?

Personal Growth & Mental Space

Notice your internal landscape:

- What thoughts or patterns feel repetitive or heavy?
- Where are you holding onto something that no longer supports you?
- What would you like to create more space for?

Rest & Enjoyment

Create room for balance:

- When was the last time you truly slowed down?
- What helps you feel calm, present, or recharged?
- What is one simple way to bring more ease into your week?

Start with one area today.

Over time, small shifts create more clarity, steadiness, and balance in your daily life.

Ready for more support?

Join The Inner Light Circle or book a Clarity & Capacity Call to get started.

[Join The Inner Light Circle](#)

[Book a Clarity & Capacity Call](#)

Simple tools to help you feel more grounded, focused, and in control of your day-to-day life.