

JUNE RESET CHECKLIST

RESET YOUR MIND AND BODY

- ☐ **REFLECT ON YOUR GOALS** – Identify what you want to achieve this month
 - ☐ **DECLUTTER YOUR SPACE** – Simplify your environment to create mental clarity
 - ☐ **ESTABLISH HEALTHY HABITS** – Prioritize sleep, nutrition, and movement each day
 - ☐ **PRACTICE GRATITUDE** – Write down three things you're thankful for daily
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