

Out With the Old, In With the New! Planning Sheet

Spring is the perfect time to refresh your life, home, and relationships. Use this planning sheet to embrace the new season with purpose and intention.



1. Shift Your Mindset

- Write down three ways you can welcome new possibilities this spring:

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Additional thoughts:

2. Reconnect with Old Friends & Meet New Ones



- Who is someone from your past you'd love to reconnect with and how?

- What's one new social activity you can try this season?

- List three ways you can expand your social circle this spring:

3. Spring-Inspired Menu Planning



Plan a meal using fresh seasonal ingredients. List your ideas below:

- Spring Vegetables to Try: _____
- Fresh Fruits to Enjoy: _____
- New Recipe to Experiment With: _____

4. Spruce Up Your Home

Choose three ways to refresh your living space:

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Additional thoughts:

5. Honor & Pamper Yourself



Self-care is essential! List three ways you'll nurture your well-being this spring:

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Set Your Spring Intentions:

Write down one goal for each area of your life:

Personal Growth: _____

Friendships & Social Life: _____

Health & Well-Being: _____

Home & Living Space: _____