

1. What is on your spring bucket list?

2. What do you really want to accomplish this season?

3. What are some new, creative projects you are excited about?

4. List some household projects for the next 3 months.

- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---

7. What is the most challenging part of your life?

8. Have your thoughts been more positive or negative lately?

9. What do you think is affecting your mindset?

10. Are you trying to manifest anything this spring?

11. What keeps interrupting your peaceful thoughts?

12. Do you have a meditation routine right now?

13. List some ways you can get outside more this season.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

14. What are your favorite ways to spend a warm, spring day?

15. List some ways you can help your kids be more active.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

16. What foods can you add or remove from your diet for improved health?

17. What spiritual changes have you experienced lately?

18. What is your current spiritual routine?

19. What is a new spiritual practice you will try in the next 3 months?

20. Is your stress better or worse now that spring has arrived?

21. When you have anxious thoughts, what do they tend to be about?

22. What are the top 3 things you are looking forward to right now?

23. What do you feel is lighting you up inside right now?

24. How are you staying motivated to reach your goals?

25. What is your plan for reaching your spring goals?

26. What cleaning goals do you have for the spring?

27. What needs to be organized in your home this season?

28. If you were to do a digital detox, what would you need to get rid of?

29. Make a list of digital purging you feel needs to be done.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

30. How can you make self-love a priority?

31. What negative self-talk do you do?

32. What positive self-talk do you do?

33. How has your self-care routine changed recently?

34. What have you fallen behind on the past winter?

35. What do you want to get done by summer?

36. List the spring fruits and veggies you enjoy.

- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---

37. What are some new spring recipes you want to try?

38. How will your exercise routine change this spring?

39. What are some daily routine changes for the season?

40. What outdoor activities do you enjoy in the springtime?

41. What are some habits of yours that need to be reset?

42. List your favorite affirmations for the season.

- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---
- ---

43. List your favorite quotes about resetting and refreshing your life.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

44. How you feel about your overall wellness right now?

45. What natural or holistic practices are you incorporating?

46. What has the last year taught you?

47. How do you want this spring to be better than last spring?

48. Have you had any recent lightbulb moments?

49. Where and how have you been getting more clarity?

50. How are you living with intention this season?
