



Be The Sequoia Coaching, LLC

Emotional Spring Cleaning

An April Reflection Tool



5 Minutes of Authenticity
with Pritha

Reflections of A Life Coach





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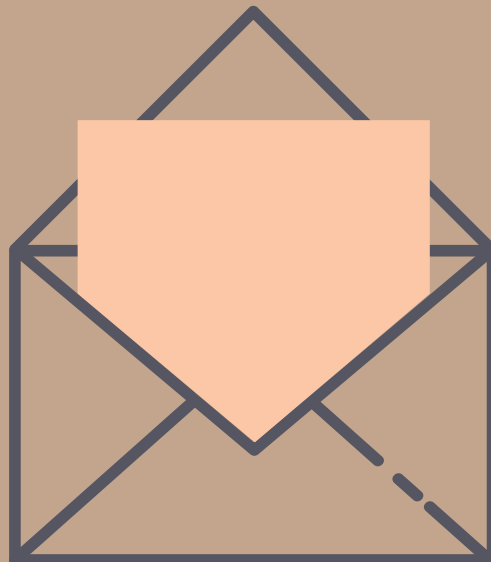
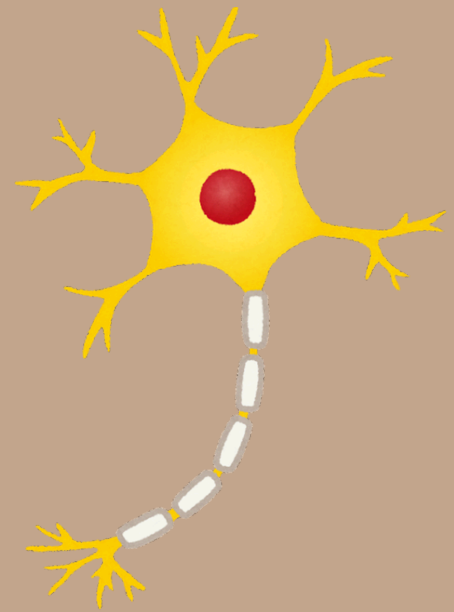
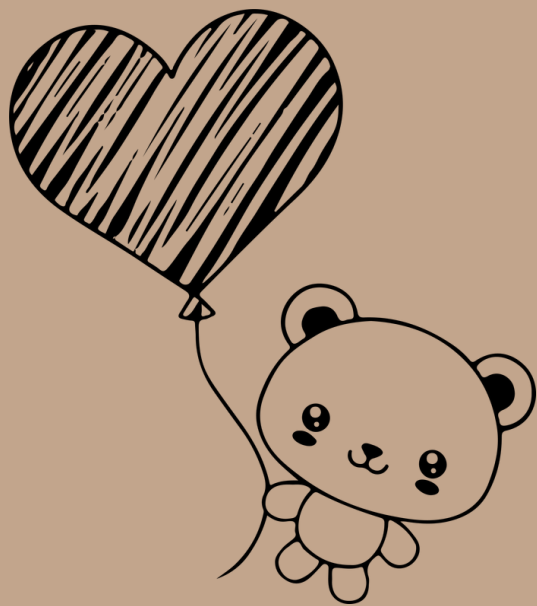
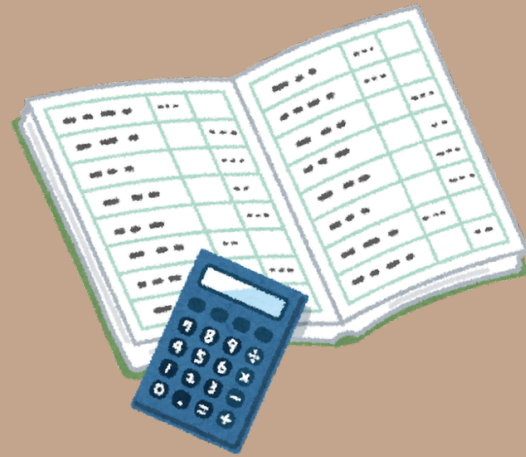
A month of clearing, releasing, and making space for what's next.





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YOUR SPRING CLEANING KIT





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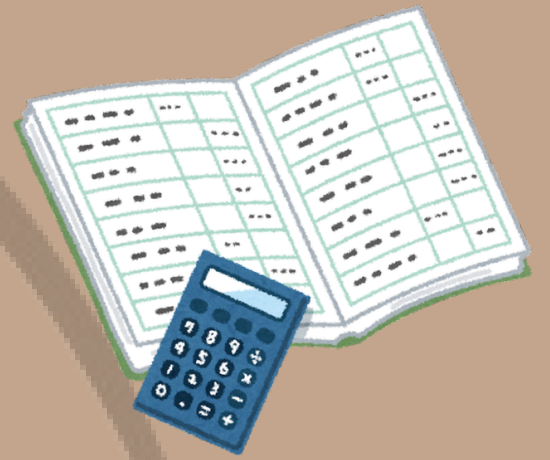
The Emotional Clutter Scan

A compassionate inventory of what's been weighing on the heart?

- What emotions kept bubbling up for me this month?
- Which of these emotions feel redundant — familiar patterns, old stories, outdated fears?
- Which emotions feel energizing — signals of growth, change, or transition?
- What am I carrying that no longer belongs to the person I'm becoming?



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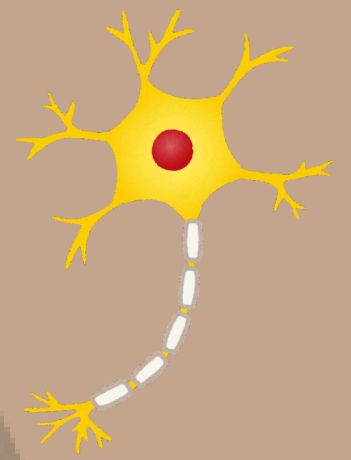
The Let-Go Ledger

**An introspective practice of
release and reset**

- What beliefs, habits, or expectations did I outgrow this month?
- What relationships, roles, or responsibilities need new boundaries?
- What am I ready to forgive — in myself or others?
- What am I ready to stop performing, proving, or pretending?
- What is holding me back from being my authentic self?



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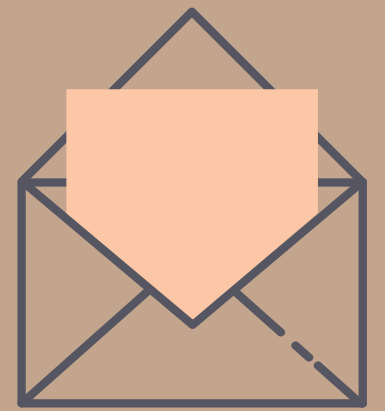
The Nervous System Check

A Check-In with our body to
identify actual pain points, and what
makes us breathe easier

- Where did I feel heaviness or tension this month?
- What moments brought relief, ease, or softness?
- What helped my body feel safe enough to release?
- What practices supported my emotional clarity?



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The Renewal Invitation

**A gentle shift toward what's opening
as we acknowledge our growth.**

- What feels lighter now than it did even a few weeks ago?
- What new space has been created — mentally, emotionally, or energetically?
- What am I now ready to welcome in?
- What truth or desire is emerging from the cleared space?
- The Incredible Lightness of Being that I am feeling, what triggers it?



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Closing Ritual

**A simple, powerful affirmation to
seal the month!**

**“I release what no longer serves
me, and I make space for what is
mine.”**

Write it once.

Say it twice.

Breathe it in three times.

REPEAT WITH INTENTION, LOVE,

COMPASSION & KINDNESS



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STAY CONNECTED

Tap Below to Listen to more on
Emotional Spring Cleaning!



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