

CLEAR HEAD

10 DAILY TIPS FOR RENEWING YOUR SPIRIT

- 1 | No phone one-hour before bed and after waking up in the morning.
- 2 | Make a list every morning with your goals, tasks and intentions for that day.
- 3 | Create a mantra that resonates with you and repeat it out loud to yourself daily.
- 4 | Stop the scroll. Delete social media apps during certain hours if you need to.
- 5 | Learn something new about your personality type. (I love the enneagram!)
- 6 | Have a chat with someone you love.
- 7 | Move your body. Physical activity is directly linked to endorphin production.
- 8 | Keep your sacred spaces clutter free.
(bedroom, work space)
- 9 | Go outside. Sun + fresh air = instant boost.
- 10 | Help someone. The quickest way to increase my energy is to help someone else.

CLEAR HOME

21 DAY TIDYING CHECKLIST FOR A CLUTTER FREE SPACE

- Day 1 Cleaning Supplies
- Day 2 Toiletries
- Day 3 Hanging Clothes
- Day 4 Folded Clothes
- Day 5 Socks
- Day 6 Shoes
- Day 7 Toys
- Day 8 Books
- Day 9 Electronics
- Day 10 Cords
- Day 11 Games and Movies
- Day 12 Dishes
- Day 13 Garage
- Day 14 Decor
- Day 15 Linens
- Day 16 Papers
- Day 17 Makeup
- Day 18 Jewelry
- Day 19 Craft/Art Supplies
- Day 20 Medicine
- Day 21 Pantry

this is the season
SHE WILL MAKE
beautiful things
NOT PERFECT THINGS
but honest things
THAT SPEAK TO WHO
she is and who she is
CALLED TO BE.

- *Morgan Harper Nichols*