



SPRING BUCKET LIST

How many can you check off in March, April & May?

- Take a morning walk and notice what's budding - let new growth remind you that renewal takes time.
- Open your windows for the first time this season. Let fresh air move through your home and clear stagnant energy.
- Start a simple windowsill herb garden - basil, mint, or chives — and cook with something you grew.
- Do a spring reset - lighten your meals, hydrate deeply, and return to consistent sleep rhythms. Our Reset starts April 18th!
- Spend one afternoon decluttering a small space — a drawer, a shelf, your inbox. Create breathing room.
- Visit a local farm stand or spring market and bring home something seasonal.
- Revisit a goal you set in Winter. What still feels aligned? What needs adjusting?
- Plan a low-pressure gathering — tea on the patio, a picnic, or a simple shared meal.
- Refresh one daily ritual — morning light exposure, journaling outside, or stretching before bed.
- Write a “Spring Intention” and place it somewhere visible through the season.
- Spend an evening watching the sunset stretch longer — notice how your energy shifts with the light.
- Try a new seasonal recipe that feels bright and nourishing.