

SPRING-CLEANING YOUR LIFE + BUSINESS

LET'S GET ALL CLEAR AND ORGANIZED

{this can be with wellness, a component of business, relationships, etc.}

- What is a messy part of your life or business?
- Why is it messy and how did it get to be so messy?
- What are some components that you know need to be addressed?

LET'S CREATE A PLAN TO SPRING-CLEAN YOUR LIFE AND BUSINESS

Thinking of what you noted above, what are three action plans you need to take on in order to spring-clean your life and business a bit more?

- 1.
- 2.
- 3.

How will you hold yourself accountable to take on the action steps you noted above?

How will you feel once you've cleaned up this area of your life and business?

What are other areas you would like to address once you have completed this first act of tidiness?

HOMEWORK: Take on the action steps you noted, celebrate your wins and then rinse and repeat. You've got this.

MAKE SPACE FOR NEW OPPORTUNITIES AND BLESSINGS