

# 31-DAY SPRING CLEAN YOUR LIFE WITH SCN

## WEEK 1 EMOTIONAL

NOTICE AND  
RECORD  
EMOTIONS

FORGIVE AND  
LET GO

REASSESS  
YOUR  
SCHEDULE

NO  
COMPLAINING  
ALLOWED

PREPARE  
TOOLS FOR  
COMPOSURE  
DURING  
CHALLENGES

SURROUND  
YOURSELF  
WITH GOOD  
ENERGY

LEARN  
SOMETHING  
NEW

## WEEK 2 PHYSICAL

MEAL PREP  
LUNCH THIS  
WEEK

MAKE YOUR  
BED FIRST  
THING

TRACK  
WATER  
INTAKE

CREATE A  
PEACEFUL  
EATING  
ENVIRONMENT

CHOOSE  
EXERCISE THAT  
YOU ENJOY

TAKE SHORT  
DAILY WALKS

STICK TO A  
SLEEP  
SCHEDULE

## WEEK 3 MENTAL

BRAIN DUMP  
YOUR  
THOUGHTS

MAKE TO-  
DO LISTS

TAKE A  
RELAXATION  
DAY

UNFOLLOW  
NEGATIVITY  
ON SOCIAL

UNSUBSCRIBE  
FROM PROMO  
EMAILS

CLEAN OUT  
PHONE  
CONTACTS

DECLUTTER  
PHOTOS

## WEEK 4 ENVIRONMENTAL

REORGANIZE  
YOUR PANTRY

PURGE YOUR  
CLOSET

CLEAN YOUR  
SHOWER WHILE  
YOU ARE IN IT

COMMIT TO  
DAILY  
DECLUTTERING

ESTABLISH  
A STRESS  
FREE ZONE

ORGANIZE  
YOUR JUNK  
DRAWER

REEVALUATE  
FINANCES

## WEEK 5 SOCIAL

SEND A  
CARD TO  
SOMEONE  
YOU LOVE

CALL A  
FRIEND

HOST A GAME  
NIGHT