

SPRING CLEAN YOUR BODY, MIND AND ENVIRONMENT

Body

- Reduce toxins in food by eating organic fruits and veggies, pasture raised animal products and limiting processed foods
- Use non-toxic and fragrance free bath and body products
- Drink half your body weight in ounces worth of filtered water

Mind

- Start a meditation practice using an easy app like headspace - even 5 minutes a day will create more calm and awareness
- Check negative thoughts before they carry you away
- Question your beliefs about yourself - use the exercises at the end of "5 Days to Vibrant Health" e-book

Environment

- Clear your clutter - it'll be easier to clean, save you time and money
- Use non-toxic cleaners like Dr. Bronners all purpose soaps, vinegar and baking soda
- Open windows every day to let in fresh air

Your Personal Plan - List 3 Strategies That Speak to You

1. _____
2. _____
3. _____