

ELIV'S

spring reset



let's get our *lives* back together

The first months of 2023 are over. Maybe you've adopted your old bad habits again or are not working on your resolutions. But now, it's time to get your life back together. A new season is coming and I want to help you to thrive again. In this workbook, I am going to show you a few tips and tricks to reset and prepare for the warmer months ahead. Have fun!

the *plan*

01

DIGITAL RESET Decluttering the camera roll, cleaning out the files, organizing your digital desktop, deleting unnecessary mails

02

CLEANING Clean your room or apartment. Wipe down every single surface. Declutter the parts you have never touched before.

03

REFLECTION Take a pen and a notebook and think about the first three months of 2023. What went well and what didn't?

04

SELF CARE plan a whole day of selfcare. Make sure to just do what **YOU** want. This is the day for you to recharge.

the *checklist*

DIGITAL RESET

- ☐ delete screenshots
- ☐ delete duplicates
- ☐ look through long
- ☐ videos

REFLECTION

- ☐ 3 things you are grateful for
- ☐ 3 things you are proud of
- ☐ 3 things that didn't went
- ☐ well

CLEANING

- ☐ wipe down all surfaces
- ☐ wash laundry
- ☐ vacuum + wipe floor
- ☐ reorganize drawers

SELFCARE

- ☐ taking a loong shower
- ☐ face + hair mask
- ☐ movement
- ☐ reading instead of scrolling

journal *prompts*

How did you feel over the last three months?

Three most exciting moments

1. _____

2. _____

3. _____

Personal Life Lessons

1. _____

2. _____

3. _____

Career Lessons

1. _____

2. _____

3. _____