

The "Spring Cleaning for the Soul" Checklist

A Guide to Radiant Expansion

- Digital Cache Clear: Unsubscribe from one thing that no longer resonates and delete 10 "mental clutter" photos from your phone. Make room for new inspiration.
- Energy Sweep: Perform a 5-minute grounding visualization. Imagine sweeping away the winter "heaviness" to make room for your inner light to move.
- Affirmation Polish: Identify one recurring "negative" thought and replace it with a vibrant, affirmative "Software Update" (e.g., "I am moving at the perfect pace").
- Space Refresh: Bring the "Outer Light" in. Open every window for 10 minutes or bring one fresh bloom into your workspace to symbolize your own blooming.
- The "Grace" Audit: Look back at your March. Forgive one moment of "messiness" and acknowledge it as a necessary part of your process.
- Community Connection: Reach out to one person who reflects your light back to you. Expansion is always better when shared.