

STRENGTHCARDS- 28 DAY CHALLENGE

DAY 1

Make a goal to finish by summer

DAY 2

Create a playlist of upbeat music

DAY 3

Channel your inner Snow White

DAY 4

Do something physical outside

DAY 5

Air out your living space
Let the sun in

DAY 6

Buy flowers and then press them

DAY 7

Make friends with your body

DAY 8

Find a spring-theme meditation

DAY 9

Go out for dessert and eat outside

DAY 10

Clean up your digital devices

DAY 11

Make a seed bomb

DAY 12

Try something new-to-you

DAY 13

Simplify your schedule

DAY 14

Read something light

DAY 15

Visit a Farmers Market

DAY 16

Take a nap in the sunshine

DAY 17

Make a fruit or veggie dish

DAY 18

Create a ritual of rebirth

DAY 19

Go on a nature walk

DAY 20

Connect with Spring Goddesses

DAY 21

Change the energy of your home

DAY 22

Find a new outside hobby

DAY 23

Create an outdoor space

DAY 24

Get new spring clothing

DAY 25

Get a new houseplant

DAY 26

Do some spring cleaning

DAY 27

Put on music and sit outside

DAY 28

Go easier on yourself