

# Spring RENEWAL



## REFRESH *your home*

- Clean out your closets
- Wash your windows
- Clean your garage

## RENEW *your spirit*

- Evaluate your goals
- Soak in a tub
- Meditate

## RECHARGE *your ambition*

- Try something new
- Take a training class
- Step out of your comfort zone

## REVIVE *your soul*

- Get the rest you need
- Keep a gratitude journal
- Drink plenty of water

## RECONNECT *with others*

- Reach out to an old friend
- Call a relative
- Schedule a coffee chat

