



porpoiseful SPRING CHECKLIST

Use this list for making the most of your spring, choosing & adding ones that most resonate.

Self-Care

- daily quiet/relax time**
- daily stretching & movement**
- rehydrate often**
with a reusable bottle
- read or listen to a good book or podcast**
- _____
- _____
- _____
- _____

Springtime Fun

- get outdoors** (hike, bike, walk the beach, play...)
- have a picnic**
with reusable containers
- plant a garden**
with organic fertilizer
- make a spring meal**
with sustainable seafood
- _____
- _____
- _____
- _____

Spring Cleaning

- sort & donate clothes**
- organize & file papers**
shred/recycle unneeded ones
- clean surfaces & floors**
with eco-friendly products
- _____
- _____
- _____
- _____
- _____

Spread Joy & Kindness

- call a friend or relative**
- express gratitude**
- offer time & talents**
- share positive vibes**
- _____
- _____
- _____
- _____