

SPRING CLEAN YOUR MIND 25 DAY CHALLENGE

Your Mental health should be your #1 Priority.
Let's do a Spring Clean Detox on Your Mindset & Life So you can
experience Raising your vibe for more Daily joy in your Life!

#SPRINGCLEANMYMINDCHALLENGE

Change a Part of
Your Morning
Routine Ritual

Get out of Lack
Thinking with an
Abundance
Meditation*

[Rooting into Abundance meditation*](#)

Write a list of 10
things you're
grateful for*

[Watch the elevation of gratitude*](#)

Detox Your Doubt
with Encouraging
yourself**

[Podcast episode #31](#)

Declutter the
area that's been
BUGGING YOU.

Have a Nature
Hot Girl/Guy
Power Walk

Do Something
That truly makes
you Happy

Get Rid of 5 - 10
Items you don't
use.

Positive Affirmation
Rampage To
Support You*

[Powerful Manifesting Technique
to increase your results*](#)

Get Grounded
Spend Time
Outside in the
Sun

Trade a Dessert
for Fruit or
Healthy snack

Start a weekly
Movement Break
and be active for
20 mins a Day

Write what
you're Releasing
on paper & BURN
THAT SH*T

Unplug from
Social media
for a DAY

Unsubscribe &
unfollow 3-5
people that
trigger you

Write a List of
What Makes you
Happy

Do something
for yourself
without guilt.

Read a book or
watch a movie
that inspires you

Set 1 New Goal
this month for
Growth

Declutter Your
Closet and Get
rid of at least 5
items.

Set an Intention
for Something
small like a free
coffee or Feather

give yourself a
Staycation and
Treat Yourself for
a Day!

Reframe a
Negative Belief
into a positive
one.

Celebrate your
accomplishments
and growth

Connect with
nature by
visiting a park,
beach, or forest

*watch on Youtube: [The Awakened State Channel](#)

** Listen on the Podcast: [Awaken & Manifest Your Best Life](#)

THE AWAKENED STATE.NET