

This Week's Spirit Reset

Presence, connection, and energy — small rituals that keep you grounded.

PRESENCE

- ☐ Set an intention
- ☐ Quiet reflection

CONNECTION & NATURE

- ☐ Time in nature: 20 minutes
- ☐ Act of kindness
- ☐ Connect with community

ENERGY & SPACE

- ☐ Clear your energy
- ☐ Yoga flow: 15 minutes
- ☐ Declutter your space
- ☐ Read something inspiring