

4 Tips For A Mental Spring Cleaning



1 Listen To A Good Audiobook

I love Oprah Winfrey's book 'What I Know For Sure' and feel it establishes a good foundation for insights. If you have Spotify Premium, go [here](#) or you can order it [here](#).



2 Practice Gratitude

Practicing gratitude is a great way to initiate a mental spring clean. To get you started, go to my [gratitude post](#) to learn more.



3 Fall In Love With Yourself

Learn how to [love yourself](#) unconditionally and treat yourself like you are your own best friend. Give yourself a warm hug and appreciate yourself for just being you.



4 Prioritize You and Your Wellness

Creating a wellness plan is an excellent way to take care of yourself and boost your well-being. Make yourself a priority and check out my [posts](#) for helpful tips and ideas.