



Spring Cleaning for the Soul: 40 Ways to Refresh Every Area of Your Life

Spring isn't just for tidying up our homes—it's a chance to refresh every part of our lives. Just as we clear out clutter and clean windows to let in more light, we should do the same for our minds, relationships, workspaces, and daily routines. A messy desk can cloud your thinking, just as an overflowing inbox can sap your energy.

What if, this season, you didn't just deep clean your space but also let go of outdated habits, digital distractions, and draining patterns? Consider this your ultimate spring reset—not just for your home, but for your whole life. My suggestion: Read this list and see what jumps out at you and is asking for cleaning. Not everything will apply here, but pay attention to what taps you on the shoulder as you read through the list.

Talk about this with your team! Going over this list together and sharing (if it feels safe) what resonates with you builds stronger containers in the team and provides a support structure for change.



the soul purpose

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Start with Your Workspace

1. **Physical clutter brings mental clutter.** Is your office space inspiring and functional? How is the lighting? How do you feel when you walk in it? What changes would make it feel even better?
2. **How much stuff is in your office?** And why do you have it? What can you clear?

Digital & Tech Space

3. **Unsubscribe & Unfollow** – Let go of accounts, apps, newsletters, and social media that don't add value or joy.
4. **Screen Time Reset** – Review your phone's screen time stats—what app can you cut back on?
5. **Email Detox** – Clear out old emails, organize your inbox, and set up better filters.

Time & Attention Reset

6. **Energy Audit** – Look at how you spend your time each week—what drains you, and what fuels you? How can you clear a drain?
7. **Calendar Clean-Up** – Are you saying “yes” to things out of obligation? Out of FOMO? Make space for what truly matters. What would it take to clear 10 to 20 percent of the appointments on your calendar?
8. **Priorities Alignment** – Does your daily schedule reflect what's most important to you? If not, what needs to shift?
9. **Joy Inventory** – What activities bring you the most fulfillment? How much time is allocated to them?
10. **Slow Down & Savor** – Eat slower, walk slower, listen more, talk less, breathe deeper—where can you slow down? Where can you stop rushing or racing against the clock?
11. **Give Your Time** – Where can you show up for others—volunteering, mentoring, or simply being present?

Mental & Emotional Space

12. **Declutter Your Thoughts** – Identify recurring negative thought patterns and pick a trigger that often drains your energy. What support can you get from a friend or coach to build resilience around the trigger so you can drop it and not get hooked?
13. **Audit Your Self-Talk** – Would you say to a friend what you say to yourself? Where are you hardest on yourself and how do you rewrite that script?
14. **Emotional Inventory** – Who or what is draining your energy? What needs to be released or healed? Make a list of all the relationships in your life and put them in three columns: Gives Me Energy, Drains My Energy, No Impact. Take a look at the list. What relationships need clearing or shifting?



- 15. Observe Your Reactions** – When triggered, do you shut down, overreact, or numb out? What would a more intentional response look like?
- 16. Habits** – Anything more than zero compounds. What habits are serving you and what habits are working against you?

Growth and Learning

- 17. Declutter Old Beliefs** – Are there outdated ideas, assumptions, or inherited beliefs that no longer serve you? Question them.
- 18. Challenge Your Comfort Zone** – Growth happens outside of routine. What's one way you can stretch yourself this season?
- 19. Curate Your Inputs** – Audit the books, podcasts, and media you consume—do they challenge, inspire, and uplift you?
- 20. Reflect on What You've Learned** – Instead of always seeking the next thing, pause and integrate wisdom you've already gathered. What is your reflection practice?

Building & Expanding Curiosity

- 21. Question Assumptions** – What have you always believed to be true? Challenge one long-held belief and explore a new perspective.
- 22. Cultivate a Beginner's Mind** – Approach something familiar as if you were experiencing it for the first time—what do you notice?
- 23. Follow the Spark** – What's something that has recently caught your interest? Give yourself permission to explore it, even if it seems random.
- 24. Ask More Questions** – Instead of rushing to conclusions, lean into curiosity—ask more why, how, and what if? in conversations and in life.
- 25. Make Space for Wonder** – Step outside, look at the stars, visit a museum, or read something outside your usual topics—let yourself be awed.

Relationships & Social Life

- 26. Energy Audit** – Which relationships bring joy and are balanced in give and take, and which ones need boundaries or distance?
- 27. Communication Tune-Up** – Are you expressing yourself honestly? What needs to be said? What is the energetic tax payment for not saying what needs to be said?
- 28. Quality Over Quantity** – Who are the people you want to invest in more deeply this season? And who are the people you want to invest less in this season?



Purpose Alignment

- 29. Reconnect with What Grounds You** – What grounding practice needs more space in your life?
- 30. Values Check-In** – Are your daily actions aligning with your core values? If not, what's one small shift you can make?
- 31. Purpose Audit** – Are you spending time on what truly matters? Where are you out of alignment with your deeper goals?
- 32. Audit Your Generosity** – Are you giving in ways that feel meaningful, or just out of obligation? Adjust to make it feel fulfilling.

Health & Body

- 33. Gut Check** – Are your meals fueling or depleting you? What's one nutritional habit to refresh?
- 34. Sleep Hygiene Review** – Upgrade your wind-down routine, limit screens sixty minutes before sleep, and/or invest in whatever you need to get restorative sleep.
- 35. Movement Refresh** – What kind of movement feels good right now? Maybe it's time to change up your routine.

Financial & Money Reset

- 36. Bank Statement Audit** – Review your last three months of spending—what surprised you, and what can you cut (because you're not getting anything from it)?
- 37. Subscription & Bill Check** – Are you paying for services you don't use? Cancel or downgrade anything unnecessary.
- 38. Financial Goals Refresh** – Are you saving and investing in alignment with your goals? Adjust if needed.
- 39. Money Mindset Check** – Do you approach money with stress or confidence? Consider shifting limiting beliefs around abundance.
- 40. Declutter Financial Paperwork** – Organize important documents, digitize where possible, and shred outdated paperwork.

