



# TLC'S SPRING SELF LOVE + SELF CARE CHECKLIST

- Keep a gratitude journal
- Spring cleaning does the energy in your home good!
- Engage in outdoor activity
- Plant a garden, even if it's just an herb garden!
- 3 day juice cleanse from your local juice company
- Sit outside at a cafe
- Try a meditation class
- Visit the farmers market
- Notice the trees budding
- Stretch your body
- Schedule a coffee date with someone you care about every week
- Ditch the alcohol for "mocktails"
- Ban the blue light from cell phones, computers, and TVs after 7pm
- Invest in organite to help protect your body from dirty electricity
- See your chiropractor
- Get your M Field tested and make your protocol!