



Spring Clean Your Life

A reflection tool to refresh your focus and refocus your energy

How to Use This Worksheet

This worksheet helps you step back and take stock of what's working — and what needs to shift — across key areas of your life. Whether you're feeling overwhelmed, stuck, or just ready for something new, use this space to reflect, reset, and make small changes with big impact.

Take your time. You don't need to complete every section in one go. Start with what feels easiest.

What's Working Well?

What are you grateful for? What brings you energy, peace or motivation? List your wins, habits, routines, or people that positively impact your life.

A large, hand-drawn rectangular box with a thick black border. Inside the box, there are five horizontal lines spaced evenly, providing a space for writing.

What Needs to Change?

Which habits, routines or situations are causing stress, frustration or drain? Think honestly about what isn't serving you anymore.

A large, hand-drawn rectangular box with a thick black border. Inside the box, there are five horizontal lines spaced evenly, providing a space for writing.

What Would You Like to Let Go Of?

Are you holding onto beliefs, commitments, or clutter (physical or emotional) that no longer help you grow?

List anything you're ready to release.

🌱 What Would You Like to Invite More Of?

Where do you want to expand or grow? What would you like to experience more of — joy, time, health, clarity, space?

This could be qualities, activities, relationships, or opportunities.

Your Intentions & Actions

Based on your reflections, what small steps will you take in the next 7 days?

I will...

I won't...

I'll ask for...

I'll make time for...

Keep Going

This worksheet is just the beginning. Keep it somewhere visible and check in regularly. Reflect. Adjust. Keep moving forward.

If you'd like support in working through change or setting clearer goals, book a free career clarity call.
