

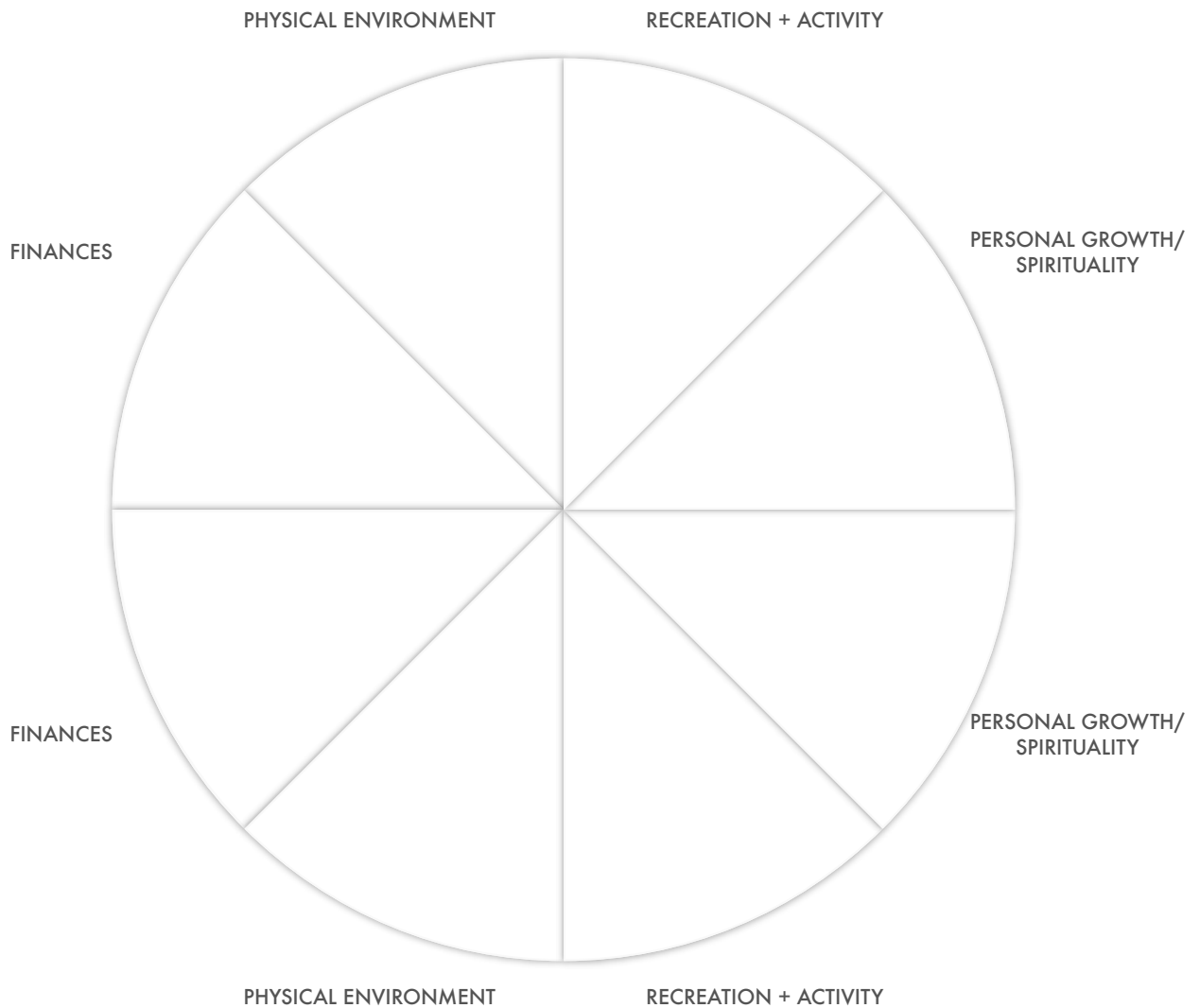
The Spring Clean Playbook

SPRING CLEAN FOR WELL-BEING



TAKING STOCK

Transformational spring cleaning = discovery + learning + life-altering action



MY SPRING CLEAN FOCUS



IN THIS AREA I'VE BEEN ALLOWING:

- _____
- _____
- _____
- _____
- _____

WHAT'S BEEN STANDING BETWEEN ME + WHAT I WANT:

www.wholelifestrategies.com

Whole Life Strategies Coaching is all about empowerment. It's about saying yes to your life and your work, your way. (And sometimes it's about saying no so that you can say YES.)

Want to go deeper?

Let's talk about your coaching options. Book a free call [here](#).

Or check out [The Momentum Club](#), an affordable coaching membership to keep you moving forward.

Share your success



Inspired people inspire others. Spread a little good around the world by helping someone you know get moving on what they really, really want.