



Spring

Self-Care

Bundle

CarrieElle.com



Spring Self-Care Bingo

GO FOR A WALK	SLEEP IN	STRETCH FOR 5 MINUTES	MAKE A NEW WORKOUT PLAYLIST	PUT YOUR PHONE DOWN FOR 30 MINUTES
SAY NO TO SOMETHING YOU DON'T WANT TO DO	JOURNAL FOR 10 MINUTES	DO A WORKOUT VIDEO ON YOUTUBE	READ A BOOK	GO TO BED 30 MINUTES EARLY
MAKE A VISION BOARD FOR THE MONTH	WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR	 <p>Free Space</p> 	TAKE A NAP	MEDITATE
UNFOLLOW OR MUTE SOMEONE THAT DRAINS YOU	WATCH YOUR FAVORITE SHOW	CLEAN YOUR WORK SPACE	MAKE A TO-DO LIST	GO OUTSIDE
MAKE YOUR FAVORITE SNACK	DO A FACE MASK OR SKINCARE ROUTINE	WRITE DOWN 3 AFFIRMATIONS	TAKE A BATH	LIGHT YOUR FAVORITE CANDLE



Spring Self-Care Calendar

Bake a little time into each day to do something for you.

Write it down below to make it "calendar official."

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30-Day Wellness Challenge

month:

- Journal for 10 minutes
- Drink 8 glasses of water
- Go for a 10 minute walk
- 1-hour digital detox
- Read for 30 minutes
- Stretch for 10 minutes
- Text or call a loved one
- Try a new smoothie or snack
- Clean out a drawer
- Eat a colorful fruit or veggie
- Listen to your favorite song
- Try a new recipe
- Go to bed 30 minutes early
- Practice deep breathing
- Spend 5 minutes on a simple skincare routine
- Write down a goal for this week
- Say 3 affirmations out loud
- Do something creative
- Try a guided meditation
- Start a habit tracker
- Start your morning without your phone
- Sit in silence for 5 minutes
- Choose a mantra for the day
- Spend minutes outside
- Write down 3 wins from this week
- Take a bath
- Drink only water or herbal tea today
- Rest for minutes
- Do a short yoga video on YouTube
- Write down 3 things your're grateful for

Habit Tracker

month:

A circular habit tracker grid. The grid consists of concentric rings and radial lines. The outermost ring is numbered 1 through 31, starting from the top right and moving clockwise. The grid is currently empty, with no data entered.



31 Days of Gratitude

month:

1

2

3

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Wear gratitude like a cloak and it will feed every corner of your life - Rumi

A decorative border of various flowers including roses, hydrangeas, and purple berries surrounds the text. The title 'Spring Cleaning Checklist' is written in a black cursive font on a light pink rectangular background.

Spring Cleaning Checklist

Self

Home

Digital

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Need help? Check out the [Carrie Elle 30-Day Declutter Challenge!](#)



Spring Journaling Prompts

What does “renewal” mean to me right now?

What am I ready to let go of this season?

What areas of my life are ready to bloom?

What new habits or routines do I want to plant this spring?

How can I make more space for joy and lightness in my days?

What does self-care look like for me this season?

In what ways have I grown since last spring?

What brings me a sense of peace and calm? How can I create more of that?

What am I excited about or looking forward to this season?

If I could start fresh in one area of my life, what would it be and why?

What does my ideal spring day look like from start to finish?

What’s something small I can do to nourish my body this spring?

What’s something small I can do to nourish my mind this spring?

Write a letter to yourself as if you're blooming into the person you want to become.

What am I grateful for today that I didn't notice during the winter months?

What does “growth” look like for me this season?

What old stories or beliefs am I ready to rewrite?

Which relationships feel nourishing and which feel draining?

Where in my life do I need more light?

What routines need a refresh this spring?

What are 3 things I want to experience before summer arrives?

What does balance look like for me right now?



Spring Journaling Prompts

How can I be kinder to myself this season?

What am I resisting, and what would happen if I let it go?

What energizes me? How can I create more of that in my life?

What beauty have I noticed in nature lately?

If I had a “spring reset” button, what would I reset?

How do I want to feel at the end of this season?

What’s something new I want to try this spring—big or small?

What lessons did winter teach me that I can carry into spring?



*I am blossoming
into the best
version of myself.*



**I welcome
new
beginnings
with an open
heart.**



**I give myself
permission to rest
and renew.**



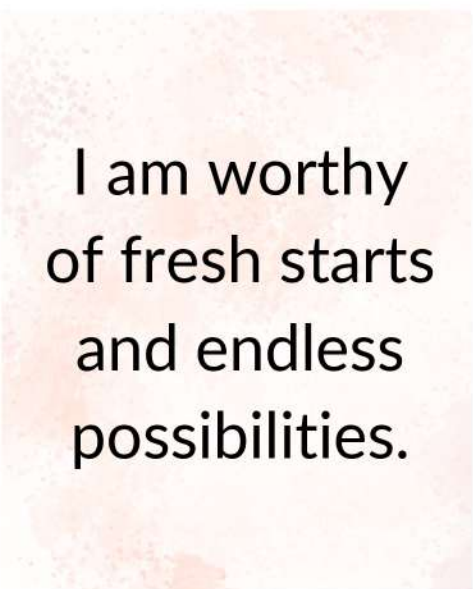
*I am grounded,
growing, and
glowing*



**I TRUST THE
TIMING OF MY
GROWTH.**



*I release
what no
longer serves
me and make
space for joy.*



**I am worthy
of fresh starts
and endless
possibilities.**



**Like nature, I
thrive in my
own season.**



*I choose to grow with
grace, patience, and love.*