



SPRING CLEANING: *For Life* OUTLINE

For each topic, take time to reflect and audit what your current practice is. Make notes of what is working well and what isn't.

Write down any themes or lessons that stick out to you as you go through.

Then choose an action item you can implement moving forward.

Take as much time as you need on each topic, whether it is a day, a week, or more.

If you decide you want to dive deeper, with more guidance as you complete this, email me at laurenstackpolellc@gmail.com or fill out the form on my website (www.laurenstackpolellc.com) so we can create a custom package that's just right for you!

You deserve to live a full life that you love! Let's get after it!!

Lauren Stackpole



Mindset

How would you rate your current mindset overall?

1 2 3 4 5 6 7 8 9 10

AUDIT

INPUT: What content do you consume and people are you around?

OUTPUT: What thoughts do you notice yourself having throughout the day? Are the majority of your thoughts positive or negative?

ACTION

What changes do you want to make moving forward?



Nutrition

How would you rate your current nutrition overall?

1 2 3 4 5 6 7 8 9 10

AUDIT

Track what you eat. What are you getting too much of?
What are you getting too little of?

Check your refrigerator and pantry. Are the ingredients clean and natural?

RESOURCES

Tracking Apps: MyFitnessPal, MyNetDiary, Nutritionix Track

Ingredients to avoid: nitrates/nitrites, potassium bromate, BHA, BHT, artificial colors, flavors, and sweeteners, high fructose corn syrup

ACTION

What changes do you want to make moving forward?
Which one small thing can you start with?



Home Products

Do you currently pay attention to the ingredients in the products you purchase? (1-not at all ; 10-all the time)

1 2 3 4 5 6 7 8 9 10

AUDIT

Look at your personal products that you use and read the ingredients.

Look at your home supplies and read the ingredients.

Chemicals to avoid in personal products: Phthalates, parabens, triclosan, formaldehyde, BHA & BHT, fragrance, sodium laureth sulfate

Clean & Safe household products:

https://www.ewg.org/guides/cleaners/content/top_products/

ACTION

Which products do I need to swap for a better alternative?

What will I start with?



Physical Environment

How do you feel about where you spend your time--home, work, car, etc? (1-terrible ; 10-fantastic)

1 2 3 4 5 6 7 8 9 10

AUDIT

Take note of what the physical spaces around you are like. Do they support you in the way that you need?

ACTION

What changes do you want to make moving forward?
Which one small thing can you start with?



Finances

How would you rate your current finances overall?

1 2 3 4 5 6 7 8 9 10

AUDIT

Take note of how you are currently allocating your finances.

How much goes to living expenses, spending, saving, investing?

Are these percentages balanced to set you up for success?

Is how you spend your money reflective of your priorities?

ACTION

What shifts do you want to make?

What one change can you start with now?



Relationships

How would you rate your current relationships overall?

1 2 3 4 5 6 7 8 9 10

AUDIT

Who do you spend most of your time/speak with the most often?

Which individuals are the most important to you?

Do these match?

Contemplate each relationship. Does it energize you, drain you, or a bit of both?

ACTION

What changes do you want to make moving forward?

What boundaries do you need to set?

Where will you start?



Schedule

When you're considering changes you want to make in your life, you need to make time and space to do so!

AUDIT

What responsibilities are currently on your plate?

How do you spend your time each day? Be as detailed as possible.

Is how you spend your time reflective of your priorities?

ACTION

What could be removed or reduced in your schedule currently?

Is there anything you'd like to add?



SPRING CLEANING: *For Life* OUTLINE

Congratulations on going through these prompts! Investing in yourself will always be worth it. I hope you've identified some areas that you'd like to change. I encourage you to keep this outline handy as a reminder of the action you want to take moving forward!

If you could benefit from added accountability or more guidance with this work, email me at laurenstackpolellc@gmail.com or fill out the form on my website (www.laurenstackpolellc.com) so we can create a custom package that's just right for you!

Rooting for you always,

Lauren Stackpole