

# Ten Ways of having a Fresh Start by doing a Reset

This week I am making a fresh start as we are now in Spring and sharing some tips.

1. Clear your calendar
2. Go through all your lists
3. Make a list
4. Stop giving yourself too much to do instead break it down
5. Write down what is your main focus
6. Spend time going through your food to make some cold meals when it starts to be hot outside and indoors
7. Update your goals
8. Clean the garden
9. Wash the bedding
10. Change home decor



