

Do A Seasonal Reset

So you are getting ready for the Winter now we are in Autumn. Doing a Seasonal Reset can do wonders and not rush through your days.

- Give a room a make over
- Completely clear the laundry
- Go through your bags and anything in it that doesn't fit with the season like sun cream in the Autumn is not required so do a clear out of seasonal belongings and items.
- Do a declutter so what you wear every season to items not worn at all
- Re do your meal planner
- Organise your Seasonal playlists
- Watch a Seasonal film and go through your TV Planner
- Set your goals for each season
- Adjust to the time differences of when to go to sleep and wake up
- Take Vitamin D in the days get darker. **Check with your doctor first.**

