

# fresh season, fresh start!

- Refresh your supplies – grab a new notebook or planner.
- Do one brain-boosting activity – puzzle, word game, or riddle.
- Declutter your space – clear your desk or drawer.
- Set 3 monthly goals – realistic and exciting.
- Drink enough water – keep your brain fueled.
- Step outside daily – even 5 minutes counts.
- Read something uplifting – book, blog, or affirmation.
- Create a simple routine – morning or bedtime habit.
- Check in with yourself – journal one thought or gratitude.
- Celebrate small wins – reward your progress!

