

Using Spring to Reset, Renew and Rebalance Your Life



Spring supports our reset and renewal powerfully.

The season of spring aligns us with a deep, natural, rhythm, one that reminds us that growth doesn't always come from pressure, but from timing, environment and readiness.

Spring is Nature's New Year.

To Reset (20-30 minute practice):

1. Take 10/15 minutes to sit in stillness.
 - No phone.
 - No distractions.

2. In that stillness gently ask yourself: *What feels heavy in my life right now?*
 - Don't force an answer, just notice what comes up.

3. When you're ready, write down whatever surfaced.
 - It might be one thing, or it might be many, write them all down, without filter or judgement.

4. Then spend 5–10 minutes reading through your list, slowly.
 - Reflect on what you've written and ask yourself: Is this really true?
 - Remember, not every thought we have is a fact.

5. When you feel ready, highlight or underline the things you are willing to let go of.
 - Not everything has to go at once. Start where you can.

6. Take a moment to acknowledge your choice.
 - Resetting begins the moment you decide you no longer want to carry something.

Return to your list whenever you need to, as a reminder of what you are choosing to release, and how you are choosing to reset your life.

To Renew (15-30 minute nature walk):

1. Step outside and spend 15–30 minutes in nature, it can be a park, garden, or even a quiet street with trees.

2. As you walk slowly, begin to notice what's around you:
 - The trees, notice their shape and colour of the leaves.
 - The flowers blooming, notice their colours, smell, shapes.
 - The movement of the air and how it feels against your skin.

3. As you observe the growth and aliveness of nature around you ask yourself:
 - *What in my life is ready to grow?*
 - *What have I been holding back that is now ready to bloom?*
 - *What small step can I take to nurture this part of me?*

4. As you continue walking, take a few slow, steady breaths.
 - Let what you see around you remind you that growth doesn't rush.

5. Say out aloud, or silently to yourself if that's more comfortable:
"I am open to renewal. I welcome new energy, new growth and new possibilities"

6. Before you finish your walk, pause for a moment.

7. Take a deep breath in... and slowly exhale.

8. Acknowledge what you've seen, what you've felt, and what you're ready to carry into this new season.

Return to this practice whenever you need to, renewal begins with small, intentional steps, and through your willingness to keep showing up.

To Rebalance (10-15 Minute Mindfulness Practice):

1. Find a quiet space where you can sit comfortably or lie down
2. If you can, close your eyes (or just soften your gaze) and begin to focus on your breath.
3. Slowly inhale through your nose... and exhale through your mouth.
4. As you breathe, imagine yourself coming back into balance;
 - breathing in calm, clarity, and steadiness.
 - breathing out tension, overwhelm and anything that feels out of alignment.
5. Gently bring your awareness to your body and ask yourself: *Where do I feel out of balance right now?*
 - Don't try to fix it, just notice, without judgement.
6. Then say, either out loud or silently to yourself:
 - *"I am allowed to slow down. I choose to rebalance my life with intention and care."*
7. Take one final deep breath in...And as you slowly open your eyes, exhale fully.

You may wish to repeat this practice as often as you need to, or until you feel a sense of rebalance in your life.

Final Thought

The Spring Equinox doesn't demand transformation.

It offers opportunity:
Opportunity to reset.
Opportunity to renew.
Opportunity to rebalance.

