

Spring Activity Checklist

Excited for warmer weather?! Time to get rid of the winter blues and start embracing a new season. Use this list to start planning some fun spring activities.



- ☐ Wake up each day and think of something positive or good. Every day is a fresh start
- ☐ Go for a walk in nature and enjoy the sunshine
- ☐ Plant flowers in your garden or get some planters or pots for flowers
- ☐ Plan a fancy picnic or a garden tea party
- ☐ Cook a fun spring-time meal (use lots of fresh veggies)
- ☐ Clean out and organize your closet and put together some spring outfits
- ☐ Go for a bike ride
- ☐ Visit a botanical garden when the flowers are in bloom
- ☐ Schedule a self-care day
- ☐ Spring clean your home
- ☐ Go hiking
- ☐ Read a book in the sunshine
- ☐ Plan a trip (even if it's just a mini road trip or a weekend away)
- ☐ Go out for ice cream
- ☐ Visit a farmer's market on the weekends
- ☐ Declutter your home
- ☐ Do a workout outside or start a new workout routine
- ☐ Enjoy a cocktail on a patio or in your own backyard

- ☐ Create a new spring playlist
- ☐ Attend a baseball or watch a ball game at home and grill out
- ☐ Visit a national park
- ☐ Play a game like chess outdoors
- ☐ Plan a spring-time brunch

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