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# March 2017 - Change of Seasons

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Autumn or spring have begun, which signals change.	2 Learn how the seasons impact on us, energetically	3 Spring brings a promise of hope and new life	4 Autumn is a gathering of our bounty for winter	5 Both seasons invite cleansing and decluttering
6 Affirm 'I embrace change and the growth it offers'	7 Spring invites us to speed up our activity after winter's slumber	8 In autumn, it's time to slow down and prepare for hibernation	9 How do you feel about change, uneasy or happy?	10 What fears and anxieties come up around change?	11 What excites you about learning new ways?	12 What 1 change could your life benefit from?
13 Envision what that change could give your future	14 Today, seek 3 things that you could declutter	15 Decluttering creates space for happiness	16 Affirm, 'As I let go, I am at greater peace'	17 Find simplicity in your life as you release stuff	18 Take some time this weekend to rest	19 It's family time - no devices, no work, just play
20 International Day of Happiness & the spring equinox	21 The equinox represents duality & balance	22 If you are stressed right now, just breathe in and out	23 What balance do you need to create to feel happier?	24 What feels out of balance in your life right now?	25 List how your time is spent & put in 6-8 categories	26 Mothering Sunday in UK. Show some love!
27 Out of 10, rate your satisfaction of Saturday's 6-8 categories	28 Examine your low scoring categories & ask what 'your ideal' looks like	29 What 1 thing could you do raise those scores by 1 point?	30 Plan for change - what 3 actions will you take?	31 Reflect on March - how's it gone for you?		