

# Spring Growth Opportunities

## Physical growth

- Start a consistent fitness routine- set alarms or schedule time in your calendar if needed
- Walk 10,000+ steps every day, take phone calls on a walk if you can
- Replace drinking soda with Poppi or sparkling water
- Start eating some fruit as a snack in the afternoon when you have a sweet craving

## Spiritual growth

- Start a meditation practice each morning or evening
- Practice gratitude daily
- Connect with nature by walking through Ellwood, Lake Los Carneros, or Cold Spring Trail
- Say a prayer for continued growth in yourself and growth for good in our community

## Personal growth

- Break a bad habit by replacing it with a better one
- Declutter your home to create space this spring
- Clean out closets/garage/junk drawers and donate what is still valuable/usable
- Learn a new hobby, skill, or language

## Professional growth

- Learn about a professional designation or certification that would elevate your work expertise
- Attend a networking event to meet other professionals in our community
- Donate time and/or money to a local charity you feel called to support
- Seek feedback from coworkers/bosses for ways to improve your skills