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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