



## 5 Takeaways

### **Holistic Spring Cleaning: Reset Your Mind, Body & Spirit**

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- 1. Reflect - What is working and what is not?**
- 2. Paint your picture.**
- 3. The power of lifestyle – small, daily health choices add up.**
- 4. Identify your purpose and follow it!**
- 5. Identify one new action you can take, and start now.**

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