

Who’s ready for some Spring cleaning?! □□♀ I know I am! But hey, let’s go beyond just closets, shall we? Time to revamp our whole lives. Here’s how I plan to tackle it:

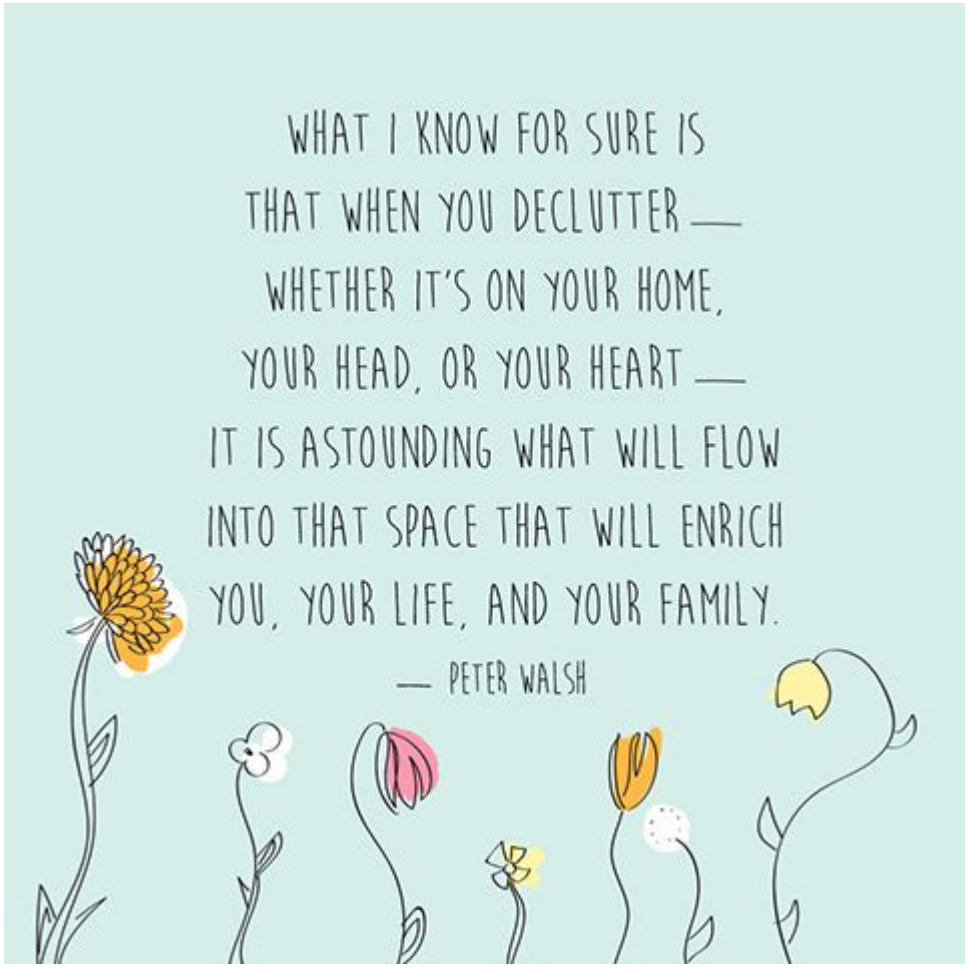
- Drop the emotional baggage. Think of it as spring cleaning for the heart. Some of us hold onto old grudges and past drama like a designer handbag (or that old backpack in my case) we can’t toss. But it’s not worth it. Personally, I’d rather be eating Nutella cookies than carrying that weight. A lighter heart makes for easier breathing.
- Clear the mental clutter. If your mind’s feeling like a messy room, take a minute to meditate, pray, or even take a walk. It’ll make room for fresh ideas and, hopefully, fewer meltdowns.
- Feeling drained by some people? Time to reevaluate your circle. We should be around people who lift us up, not suck our energy. *Qué va*, life’s too short for energy vampires.
- Organize up your space. If your place looks like a tornado hit it, you’re probably not feeling your best either. Clean it up! A tidy space = clear mind. Start with making your bed every morning. It’s a small win to kickstart your day, but it works, trust me.

This spring, let’s give ourselves a fresh start. Let’s ditch the old and make room for the new (I even had a bad toenail removed to make space for a better one!). We’ve got this, people! □

So grateful for this chance to reset, grow, and embrace all the good ahead. Let’s do it! □□

What are you thankful for today?

Until next Thursday’s post…si Dios quiere.



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