



Spring Forward with Purpose:

Simple Spring
Rituals for Team,
Family & Self

As nature shifts, we have an opportunity to shift too—not just in our homes, but in our minds, relationships, and daily rhythms. Spring is a time of renewal, lightness, and possibility. Yet, in our fast-paced lives, we often rush right past these seasonal changes instead of honoring them.

Rituals don't have to be elaborate to be meaningful. Here are **three simple ways** to bring a little more ritual into your spring season—one for your team, one for your family, and one just for you.



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For Your Team: A Spring “Letting Go & Visioning” Ritual

Try this with your team:

- Dedicate ten to fifteen minutes at the beginning of a meeting to this practice. Ask each person:
- What’s one habit, thought, or way of working I want to let go of this season?
- What’s one intention or mindset I want to cultivate this spring?
- Have them write down their “let go” item on a piece of paper (you may need to bring some paper and some pens), and either shred it, rip it up, or crumple it—symbolizing release. Better yet, write it on compostable paper so it symbolically regenerates into something new.
- End by sharing one fresh intention each person wants to bring into their work this spring.

This small act allows each person to be seen and supported in a way that builds connection and trust and inspires the whole team to support each other in moving toward what is most fulfilling for us.

For Your Family or Kids: A Nature Walk & “Signs of Spring” Scavenger Hunt

Make the changing season tangible by getting outside and noticing the world waking up. Take a spring scavenger-hunt walk—alone, with kids, or with your whole family. Look for:

- The first blooming flowers: How many different colors?
- Budding trees
- Birdsong: How many different songs or bird sounds do you hear?
- The feeling of the sun getting stronger
- A fresh smell in the air
- Talk about what this season means; what does spring symbolize to each person? What does it inspire them to do or feel?
- When you get home, invite kids (or yourself) to draw or journal about what spring looks and feels like. Even better, grab a great big piece of paper and draw or create the scene you just experienced, title it “Welcome spring!” and put it on the fridge for the season.

This simple ritual cultivates presence, awareness, and appreciation for the natural world—and helps kids (of all ages) connect to the rhythm of the seasons.



For Yourself: A Morning Sunlight & Intention Ritual

Start the day aligned with the energy of spring:

- Each morning for a minimum of five days in a row, take just three minutes to step outside, face the sun (or daylight), and take a deep breath.

As you breathe, ask yourself:

- What do I want to welcome into my life this spring?
- What is one thing I can do today that aligns with that intention?
- Let the sunlight energize you before diving into emails or distractions.
 - Try to do this at the same time each morning and notice changes in temperature and how the sun feels each day.
 - Notice the effects of the light of morning on your surroundings and if it changes over time.

This small ritual grounds you in the present season and sets the tone for your day. It's also really great for your health. Search the internet with this phrase: "Why morning sun is good for your health" to learn of all the benefits.

As you clear out closets and open the windows, take a moment to clear space in your mind, your habits, and your daily routines too. Bringing a little ritual into the changing of seasons helps us live with more awareness, presence, and renewal.

How will you welcome spring this year?

