



SPRING 2026 -- PILLAR FOUR -- FREE GUIDE

Spring Life

Reset



Open the windows. Clear the surfaces. Let spring in -- and let her begin again.



THE ENVIRONMENT PHILOSOPHY

Her Space Speaks First

Your nervous system reads your environment before you consciously register it. Clutter signals cortisol. Heavy winter scents signal contraction. A surface covered in objects signals incompleteness. Spring is the most natural window to reset all of this -- and it takes one afternoon.

"She did not redecorate. She curated. Every object she kept sent one signal: I have already arrived."

The Difference Between Decorating and Curating

- Decorating fills space. Curating aligns it.
- Decorating is about aesthetics. Curating is about identity.
- Decorating adds. Curating removes -- and then chooses.
- The question is not: is my home beautiful? It is: does it reflect who I have decided to be?

The 5 Objects That Shift Everything

- A spring candle -- light it every morning as a ritual signal
- One living plant -- pothos, peace lily, or fresh flowers weekly
- An open journal on your desk -- visibility creates daily accountability
- A yoga mat in a visible corner -- presence, not performance
- One luxury textile -- a satin headband, silk pillowcase, or linen throw

HOME RESET

Your Environment Speaks to Your Nervous System

Make it say the right things.

- Open every window for 30 minutes. Let winter air out and spring air in.
- Clear one surface in every room. Just one. Do it now.
- Remove anything that does not match who she is -- the woman you are becoming.
- Add one spring element: fresh flowers, a green plant, or a lighter linen throw.
- Declutter your bathroom and skincare -- remove what you are not using.
- Clear your bedside table to three intentional items only.
- Replace heavy candle scents with spring equivalents: citrus, mint, white florals.

Wardrobe Reset -- Dress Like The Woman You Are Becoming

What you wear is not superficial -- it is a daily identity signal. Your wardrobe should reflect the woman you are becoming, not who you were last season.

- Remove anything that does not fit, feel good, or match her aesthetic.
- Identify the three pieces that make you feel most like her. Build around those.
- Invest in one quality spring piece -- linen, silk, or a beautiful neutral.
- Arrange your wardrobe so the pieces you love most are most visible.
- Remove fast fashion that felt like a compromise. Elevate intentionally.

ENERGY RESET

Audit What Is Draining You

And release it.

Your energy is your most valuable resource. Spring is the time to audit where it is going and decide -- with full intention -- what earns it.

- What people restore you?
- What habits are costing you more than they give?
- What environments energise you?
- What are you consuming that dims you?
- What relationships drain without return?
- What commitments are you keeping out of guilt?
- What information is raising your cortisol daily?
- What are you avoiding that would expand you?

Daily Regulation Habits -- Non-Negotiable

- Morning sunlight within 30 minutes of waking -- 10 minutes minimum
- No phone for the first 30 minutes. Your nervous system needs to wake gently.
- Gentle movement daily: walking, Pilates, yoga -- not HIIT when dysregulated
- One genuine rest period per day -- not scrolling, not passive TV
- In bed by 10pm. Cortisol regulation is built largely during sleep before midnight.

SPRING LIFE AUDIT

The Most Important Questions of the Season

Sit with these. One per day. Let the answers come slowly.

- 01 *What from last season no longer belongs in my life?*
- 02 *What does my daily life look like when it is fully aligned with who she is?*
- 03 *What one environment shift would make me feel most like her -- immediately?*
- 04 *What commitment am I ready to release this spring?*
- 05 *What decision -- made today -- would signal to myself that I am serious about this season?*

THE 7-DAY NERVOUS SYSTEM RESET

One Focus Per Day -- Do Each Fully

DAY 1**Morning Only**

No phone for first hour. Journal for 5 minutes. Notice what changes.

DAY 2**Food**

No sugar today. Protein at every meal. 2.5L water.

DAY 3**Movement**

30-minute walk outside, no earbuds. Be present with your body.

DAY 4**Environment**

Clear one cluttered surface. Notice how your breathing changes.

DAY 5**Rest**

One genuine rest period. No screens. Music, bath, reading, or silence.

DAY 6**Connection**

One nourishing conversation. Reduce time with draining inputs.

DAY 7**Integration**

Practise all six. Notice what is already different.

YOUR SPRING LIFE RESET CHECKLIST

Do These Before the Season is Halfway Gone

- Open every window. Clear one surface per room.
- Do the full wardrobe audit. Remove what no longer matches her.
- Complete all five Spring Life Audit questions -- one per day
- Start the 7-Day Nervous System Reset
- Add one spring element to every room in your home
- Identify and release one energy drain this season
- Set one morning ritual: no phone for 30 minutes, water first
- Read the Spring Identity Reset guide and write your declaration

"My environment reflects who I have decided to be. Every surface I clear creates space for her. Every object I choose is a declaration. I do not wait until I arrive -- I arrange my space as if she is already here. Because she is."

ENTER THE KIT -- SPRING RESET YOUR LIFE

radiantshe.com/spring