

spring cleaning checklist.

- TAKE INVENTORY OF WHERE YOU ARE NOW.
- RECOMMIT TO SOMETHING THAT'S WORKED BEFORE.
- WRITE DOWN FIVE THINGS EVERY DAY THAT YOU'RE GRATEFUL FOR.
- TRY SOMETHING NEW (A NEW MEETING, OR NEW CLASS, YOGA).
- DECLUTTER YOUR LIFE. FOR INSPO. LISTEN TO EPISODE 53 OF THE A.I.R. PODCAST.
- CREATE NEW RITUALS TO SUPPORT WHERE YOU ARE IN YOUR RECOVERY JOURNEY. LISTEN TO EPISODE 87 OF THE A.I.R. PODCAST.



**ATHEISTS IN
RECOVERY**

All of us believe in something