

■ Mid-Summer Reset Checklist

5 Simple Ways to Refresh Your Life This Season

■ Financial Check-In

- Review July spending
- Cancel unused subscriptions
- Check progress on goals
- Try a no-spend weekend

■ Mental Reset

- Brain dump everything
- Choose a new affirmation
- Reinforce one personal boundary
- Schedule quiet time

■ Digital Detox

- Delete one time-wasting app
- Organize photos
- Unfollow draining accounts
- Update phone background

■ Home Refresh

- Declutter one drawer/surface
- Light a candle/fluff pillows
- Move one item/furniture
- Quick 20-minute clean

■ New Goals

- Choose one goal for August
- Break into 3 tiny steps
- Write it where you'll see it
- Pick a reward to celebrate

■ *You don't need a new year to start fresh — mid-summer is the perfect time.*

~ *Living with Dana*

■ *(Bella and Murphy approved)*