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SPRING RESET

Gentle Changes That Bring Big
Results – One Step at a Time



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The practices and suggestions in this guide are based on general well-being principles and should be adapted to your own needs and circumstances. Results may vary, and progress is personal—take what works for you and move at your own pace.

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What You'll Find Inside

- 1. About me**
- 2. Introduction & Why This Guide?**
- 3. Mindset & Mental Well-Being**
- 4. Energy & Movement**
- 5. Spring Refresh for Your Space**
- 6. Productivity & Focus**
- 7. Nutrition & Hydration**
- 8. Social & Personal Growth**
- 9. Motivation & Small Rewards**
- 10. Want to Go Deeper? Work With Me**

***"Small daily improvements
are the key to staggering
long-term results."***

James Clear - Atomic Habits

About Me

Hi, I'm Marta Watroba, a certified Clinical Hypnotherapist passionate about helping people navigate stress with more ease. Rather than chasing a 'stress-free' life, I guide my clients to understand their minds, build resilience, and create balance—so they can respond to life's challenges with more clarity and calm.

I believe that real change comes from small, consistent steps, and that's what this guide is about. It's not about big resolutions or forced discipline but about gentle, sustainable progress—the kind that feels good and leads to lasting transformation.



Do you feel like winter slowed you down? Spring is a season of energy, light, and new beginnings —this guide will help you make the most of it!

Why This Guide?

Spring isn't about forcing change—it's about gently aligning with what's already happening around us. The days get longer, the light returns, and nature moves forward, little by little.

Unlike the pressure-filled resolutions of January, spring offers a reset that feels natural, one that allows growth without overwhelm. This guide isn't about doing more, but about doing what truly supports you—through small, intentional actions that bring real change over time.

But here's the key: change isn't just about what you do, it's about what it makes possible for you.

As you explore each step, pause and ask yourself

If I fully embraced this new habit, what would change for me?



Mindset & Mental Well-Being

- **Morning Light Check-in** – Spend 5 minutes outside in the morning sunlight.
- **One Positive Thought a Day** – Write down one small thing that went well.
- **Declutter Your Digital & Home Space** – Delete 10 unused apps or emails + declutter one space at a time in your home.
- **Try a 3-Minute Deep Breath Reset** – Inhale for 4 sec, hold for 4, exhale for 4 – Any intentional breath during the day is beneficial.
- **Good Things Today List** – Write down what's been good today instead of focusing on worries.



Energy & Movement

- **Stretch Whenever You Can** – Anytime is a good time to stretch and release the tension.
- **Take a Walk After One Meal** – A short 5-10 minute walk boosts digestion and mental clarity.
- **Switch One Scroll for a Stroll** – Replace 5 min of social media scrolling with a walk.
- **Stand & Move Every Hour** – Set a reminder to stretch or walk, even briefly.
- **Breathe in Fresh Air** – Open a window first thing in the morning.



Spring Refresh for Your Space

- **Open Your Windows Every Morning** – Fresh air = fresh mind.
- **Declutter One Small Area** – A drawer, your nightstand, or your workspace.
- **Switch to a Lighter, Fresh Scent** – A new candle, essential oil, or fresh flowers.
- **Let in More Natural Light** – Rearrange a room to maximize daylight.
- **Create a Mini ‘Happy Spot’** – A cozy corner with a book, blanket, or plant.
- **Start Writing in Your Journal** – Whenever you need to let your thoughts out, journaling is there to support you.



Productivity & Focus

- **Set a 10-Minute ‘Power Hour’** – Tackle one small task with full focus.
- **Try the 2-Minute Rule** – If something takes less than 2 minutes, do it now.
- **Unsubscribe from 5 Emails** – Declutter your inbox for mental clarity.
- **Make a ‘Done’ List Instead of a To-Do List** – Celebrate small progress.
- **Mute One Unnecessary Notification** – Reduce distractions.



Nutrition & Hydration

- **Drink a Glass of Water First Thing in the Morning** – Hydration before caffeine.
- **Add One Fresh Fruit or Veggie to Your Day** – Keep it simple!
- **Swap One Sugary Drink for Herbal Tea** – Refresh your body from the inside.
- **Make One Meal More Colorful** – Add greens, oranges, and reds for natural nutrients.
- **Slow Down One Meal a Day** – Eat without distractions, just for a few minutes.



Social & Personal Growth

- **Send One 'Thinking of You' Message** – A small connection can brighten someone's day.
- **Plan One Low-Key Outdoor Meetup** – A coffee walk, picnic, or park hangout.
- **Try a New Hobby or Revisit an Old One** – Even just for 5-10 minutes.
- **Take a Social Media Break for an Hour** – Notice how you feel.
- **Do One Nice Thing for Yourself** – Treat yourself without guilt.
- **Try doing something different** – See if this new way can change your perspective.



How to Use This List:

Pick one step at a time—there's no rush!

✓ Repeat the ones that make you feel good.

✓ Customize it to fit your lifestyle.

✓ Celebrate small wins—progress is progress.



Spring is a season of possibility. Even the tiniest steps can lead to big changes over time. You don't need to wait for a perfect moment—start where you are, with what you have.

🌸 **Which tiny step will you try first?**

Before you do that, read the following page because without it nothing will work. For our brain it is a must.

MOTIVATION THROUGH SMALL REWARDS

To stay motivated, it's important to reward yourself after completing each small step.

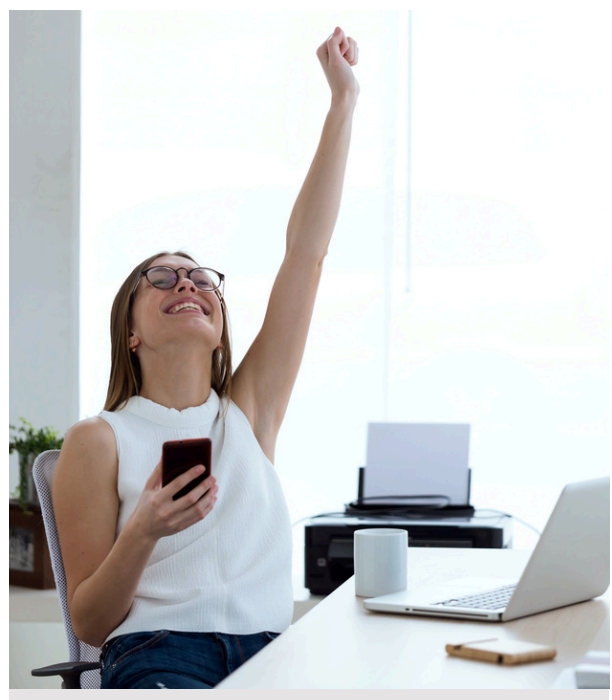
Rewards don't have to be big. Sometimes, a simple moment of acknowledgment is enough.

Here are some small but powerful ways to reward yourself:

- Take a deep breath in and out, inhaling joy and exhaling satisfaction.
- Say something kind to yourself: "I did it!"
- Write down your success on a list of good things that happened today.
- Smile at yourself and recognize your progress.
- Share your win with a loved one: "Today, I completed a few small steps!"
- Gently pat yourself on the shoulder as a sign of self-appreciation.
- Think: how great that I managed to do it today

"“Self-compassion is simply giving the same kindness to ourselves that we would give to others.”"

Christopher Germer
Mindful Self-Compassion



WE NEED TO FEEL GOOD EMOTIONS



We need to feel emotions like joy, satisfaction, and accomplishment to stay motivated. **By recognizing even the smallest progress, you encourage yourself to keep going.**

Remember: Your brain and body need to feel supported to maintain momentum. **Be your own best friend every day**—don't wait for external applause. **Give yourself the recognition you deserve.**

Each step you take builds momentum, leading to bigger and more meaningful changes over time.

You are your own best motivator. Be kind to yourself. Keep going.

**How will you
know that this
small step is
working for you?**

**What signs will
you notice?**

NOTES

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WANT TO GO DEEPER? WORK WITH ME!

To stay motivated, it's important to reward yourself after completing each small step.

The rewards don't have to be big—sometimes a simple acknowledgment can make all the difference.

If you're ready to take your progress further, I offer Solution-Focused Hypnotherapy sessions designed to help you:

- ✓ Reduce stress & anxiety
- ✓ Improve sleep & relaxation
- ✓ Gain confidence & mental clarity
- ✓ Overcome fears & limiting beliefs

Sessions are online (in English & Polish), so you can access support from anywhere.

💡 Book a Free Initial Consultation today and take the next step toward a calmer, more balanced you.

🔗 www.PositivePerspectiveHypnotherapy.co.uk

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"The brain changes with the mind's focus. What we focus on, we literally grow."

Rick Hanson - Neuropsychologist,
The Buddha's Brain

