



MY 10 MINUTE WINTER PLANT CHECK-IN

A simple rhythm to keep your plants thriving through winter.

Step 1: Quick Scan (2min)

Walk through your space; look for droopy leaves, dry soil/reservoirs, or new growth

Step 2: Prioritize (2min)

Pick 3-5 plants that clearly need attention and schedule them into your week/day

Step 3: Micro Tasks (3min)

Top off humidifier(s), fill reservoir(s), wipe leaves, rotate a pot- small + quick actions

Step 4: Refresh (2min)

Tidy up an area. Clean energy supports healthy growth for you + your plants

Step 5: Plan Ahead (1min)

Note what needs deeper attention this week; pest treatment, repotting, etc. and check them off as you complete so you never feel behind