

THE COMPLETE DETOX GUIDE

A hand holding a glass of green juice with a basil leaf on top. A red circle is overlaid on the image, containing the text "DETOX YOURSELF" in white, bold, sans-serif font.

**DETOX  
YOURSELF**

# CHEATSHEET

## **Switch from a victim mentality**

- Claim your victim status

Detox Tip #1: Stop blaming other people and situations beyond your control

- Take ownership today
- Unless it hurts, it is not real
- Do an audit of all your beliefs and take ownership of them
- Work from where you are (no need to wait until you're 'perfect')
- Reinterpret your beliefs

Step #2: Detoxify your belief interpretation system

- Follow these steps to detoxify your mindset
- Identify an empowering interpretation and repeat it at every opportunity
- Repeat it until it sets in

## **Practice Spiritual Detox**

- Be clear about the power of purpose

- Identify your personal purpose
- Identify your spiritual pollutants
- List your spiritual toxins
- Let go of spiritual pollutants
- Turn your back on spiritual junk food
- Get your moment of truth
- Trigger your sense of urgency

## **Practicing Holistic Detox**

Start with a mental detox

- 1: Count your breath
  2. Present object observation or single object observation
  3. Transcendental meditation
- Conduct Emotional detox
  - Practice gratitude
  - Mentally detox by being in the moment
  - Keep a journal and track your progress
  - View all of this as a journey, not a destination

## **Unleash the Power of Fasting**

- When it comes to physical detox, nothing beats fasting
- Fasting explained
- Try Different variations of physical fasting
  
- Classic fast
- The juice fast
- The Daniel fast
  
- Choose the Timing of your fast
  
- Scale up when it becomes comfortable