

SIMPLE DETOX WORKSHEETS

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YOUR WHAT, YOUR WHY + YOUR ANCHOR

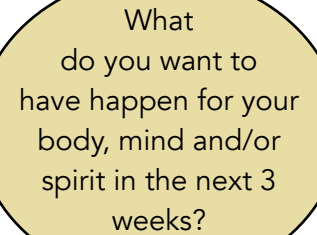
List the outcomes you want to set in motion: This is Your WHAT.

Ex. I want to sleep better. I want to live well-rested.

1.

2.

3.



What
do you want to
have happen for your
body, mind and/or
spirit in the next 3
weeks?

List WHY you want the outcomes above. (Why you want your "WHAT")

Ex. I want to sleep better so that I can perform better at work. I want a promotion and a raise.

1.

2.

3.

Create Your Anchor Statement

Your anchor statement anchors your future potential in your present consciousness and in your emotional body.

Ex. I rise and shine.

Write your anchor statement:

DESIGN YOUR DETOX

Which word sounds better to you right now: detox or rejuve? Roll them around in the universe of you. Which resonates? Let's pay attention to that. Otherwise, we'll create unnecessary conflict.

Here are a few more considerations before you plan your menus. Take time with the questions.

Are you:

- Over-scheduled?
- Overfed?
- Exhausted?
- Inflamed or in pain?
- Energized?
- Rested?

Describe the rhythm of your life lately?

Describe how have you been nourishing yourself?

* With food:

* With self-care:

Does your body want less mass? If so, how much? _____

How do you want to feel? Write 5 words. Then, circle the one that is most true. This is your anchor word, or core desired feeling.

1. _____

2. _____

3. _____

4. _____

5. _____

Now, write that word on 5 sticky notes or small pieces of paper. Stick or tape them up in the most obvious place you will see them. Think: steering wheel, bathroom mirror, door at eye-level. This word will help orient you to why you are doing this process when you don't feel like it. Tell other people your word, if you want.

How deep or superficial do you want this process to be? Don't judge yourself. Be honest. What can you dive into right now?

What would "success" look like to you for this particular Yogidetox process?

List 5 foods or dishes which render you **energized, light and clear**?

• _____

• _____

• _____

• _____

• _____

List 5 foods or dishes which render you **lethargic, heavy and dull**?

- _____
- _____
- _____
- _____
- _____

Which are the best foods for my body right now, intuitively?

What foods/beverages do you definitely want to steer clear of, if only for this “reset” process?

Lightening up = Cleansing = Reducing bodily mass

- Green is your new favorite food color at all meals
- Liquids are better than solids. Check out what happens as you move into a more liquid diet, and then a lighter liquid diet. If you truly aren't stressed and need lightening up, you'll start to feel enormous energy after a few days.
- Favor living foods over cooked
- Use less fat.
- Get nourishment through nature, exercise, meditation, and rest in place of food.

Grounding down = Rejuvenation = slowing down + nourishing

- Move slowly. Walk slowly. Slow down.
- Add in practices instead of take out.
- Make simple one-pot meals, kitchari, soups or stews.
- Eat cooked or raw food, prepared warm

SIMPLIFY YOUR DIET

What foods does your body want more of?

- Leafy Greens
- Root Vegetables
- Fresh Fruits
- Cooked Grains
- Hot soups or stews
- Green Smoothies
- Fresh juices
- Raw Foods
- Fresh Herbs & Spices
- Herbal Teas
- Beans
- Nuts, seeds, oils, healthy fats
- Fermented foods (sauerkraut, miso)
- Broth (bone or vegetable)
- Water
- Other _____

Which 2 will focus on? Why?

1.

2.

What are a few recipes in the Recipe booklet that reflect you new focus:

1.

2.

3.

4.

ONE HABIT TO CHANGE

What are you doing that isn't good for you?

Make your list below:

What is your strategy to change that habit? What could you add in?

Ask one person to hold you accountable. Who is that person? How can they support you in a small, specific way?

Make your Grocery list

What you need to start preparing:

Once you know your constitution (and that of those you feed), write a list of foods that will be optimal. Think in terms of categories. Make your list below.

- Leafy Greens
 - root vegetables
 - fresh fruits
 - seeds for sprouting
 - seeds and nuts, fatty fruits
 - grains & beans (mung beans, brown rice)
 - seaweeds
 - Condiments
 - Oils (olive, sunflower, flax)
 - Lemons & limes
 - stevia leaf
 - raw honey
 - Superfoods to play with (maca, goji berries, cacao nibs, chia, etc.)
-

MEAL PLANNER

week	Eating Hours	Meal 1	meal 2
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Week 2 Meal Planner

week	Eating Hours	Meal 1	meal 2
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Week 3 Meal Planner

week	Eating Hours	Meal 1	meal 2
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Blank Tongue Charts

Fill in what you see on your tongue and the date. Connect your habits with what your tongue is telling you.

ANALYZE YOUR TONGUE

My tongue analysis chart	Day 1	Day 2	Day 3	Day 4
Size				
Shape				
Coating (thickness)				
Coating (color? wet? dry? location?)				
Texture (smooth or cracks)				
Tremors or still				
Scallops or smooth edge				
Notes: is anything changing? Why?				

Identity Evolving Worksheet

When we change our habits we ... change! This change is a fundamental change to our identity. If we don't know who we're desiring to become, we are much less able to change our habits. We become much less able to sustain the habits of the person we are desiring to evolve into.

What kind of person do you want to become? Use this worksheet to drop deeply into who you are becoming.

I want to become the kind of person who:

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I want to become the kind of person who:

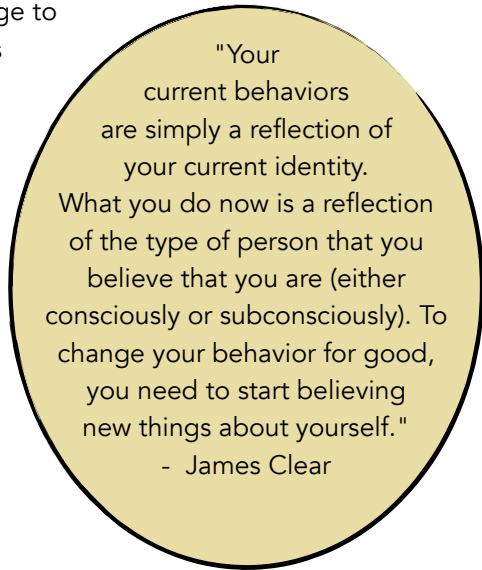
Who is like the person you are describing? (real person, historical or fictional characters)

1. _____
2. _____
3. _____

What habits to they have that you admire? If you don't know, ask or speculate.

1. _____
2. _____
3. _____

Once you've filled out this worksheet, put it somewhere you will see it regularly. Remind yourself of who you are becoming.



Limiting Beliefs/Higher Truths

What are the limiting beliefs that you hear in your inner voice?
Make a list and add to it throughout the course.

What are the higher truths that are trying to emerge?

Emerging Journaling & Contemplation

Continue journaling as you emerge from the cleanse. You may want to keep journaling as you evolve through changing your eating habits. Here are some questions you may want to ask yourself/journal about.

- Is my body done cleansing? Is my mind? If the answer is no, you may choose to continue your cleanse.

- Have I released any patterns? Physically? Mentally?

- What types of cravings have I had, before, during and after the cleanse? Have my cravings become smarter?

- How is my energy different now, from what it was before the cleanse?

- Do my channels feel clear? What are my thought patterns? My emotional patterns? How have they changed?

- What am I celebrating as I emerge from the cleanse?

- What has been most challenging about the cleanse?

- What practices will I continue?

- Where do I want to make permanent changes?