

21-Day Detox Challenge: Spirit, Mind & Body

Checklist of Action Items ~ to be done in preparation for **Day 1**

- Video #2 – the guidelines – viewed & Video #1 re-viewed**
- “The Book” started**
- Intentions written and made specific – includes ‘why’ and ‘who’**
- Your possible obstacles considered and a plan is in place**
- Forms downloaded and completed (4)**
- Read preparation/planning messages (7) and did all suggested exercises**
- Accountability partner in place**
- Accountability schedule in place**
- Empowering thoughts/affirmations selected**
- Books chosen – intellectual and spiritual growth**
- Positive people chosen/lined up for conversations**
- Fun and entertainment options lined up**
- Someone to share with lined up**
- Toxic food item(s) selected**
- Type of work-out or play planned (at least for first week)**
- Fruits & vegetables purchased/planned**
- Amount of water to drink daily decided**
- Music choices thought about 🎵🎵🎵**
- Ways and places to ‘be still’ considered**
- Acts of kindness considered and people to hug daily thought about**
- Forgiveness lists created**
- Plan to speak only positive messages considered (and I am prepared for challenges)**
- DAY OF SILENCE - date in calendar**
- DAY OF NO-TECH – date in calendar**