

## 21-Day Detox Challenge ~ Spirit, Mind & Body

Challenge/ Activity	PW	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10	D11	D12	D13	D14	D15	D16	D17	D18	D19	D20	D21
Writing Exercise																						
Signed Agreement																						
C1 Commit to Complete																						
C2: Speak Intention OUT LOUD																						
C3: Be Aware & Conscious of limiting thoughts																						
C3A: Speak 1-3 Empowering thoughts & intentions at least 10x per day																						
C4A: ONLY Uplifting/positive Reading – 15 mins per day																						
C4B ONLY Uplifting/positive people – seek out conversations																						
C4C ONLY Uplifting/positive entertainment																						

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C4C – LAUGH daily																							
C4C – Do something FUN weekly																							
C5 Kept all my promises																							
C6 Express emotions 2x/wk																							
C7 Accountability Buddy 2x/wk																							
C8 Engage IT 15 mins/day																							
C9 NO _____ (toxic food)																							
C10 More H2O More Fruits & Vegetables																							
C11 Walk, W/out or Play – 30 mins/day																							
C12A – AOK give & get 1 hug/day																							
C12B – One random AOK per day																							
C13 Read Spiritually edifying material 15mins/day																							

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C14 Still my thoughts 5-15mins/day																							
C15 Forgive one thing per day – self or others																							
C16 Say Thank-You daily																							
C17 Only positive speaking																							
C18 Listen to one piece of uplifting 🎵 per day																							
C19 One day of silence																							
C20 One day of No Technology																							
C21 Do all as prescribed																							

**Notes:**

- PW – Pre-Work (ALL)
- D1-D21 is Day 1 to Day 21
- C1-C21 is Challenge 1 to Challenge 21
- Decide ahead of time the dates for weekly and one-time activities/challenges AND write them in
- For C1, and C3 check the appropriate boxes even though the activities are mental – serves as a re-commitment and awareness aide
- For C21 check daily if all was done as prescribed
- C8 “IT” is Imagination Theatre.