

DETOX WORKSHEET BY LA

SUPER CLEAN YOUR MIND, GET YOUR VIBE!

#LOVEALLBYLA

ARE YOU FEELING A WEIGHT OF DISAPPOINTMENT?

**DID YOU LOSE YOUR FOCUS, DRIVE, AND ARE
EXPERIENCING LOW SELF- CONFIDENCE!!?**

 **ESTEEM?**

**ARE YOU HANGING ON TO OLD HABITS, PEOPLE,
MEMORIES, & OLD WAYS OF THINKING?**

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WELL YOU ARE IN THE RIGHT PLACE!



#LOVEALLBY

1ST THING IS FIRST: THROW AWAY, TOSS, DELETE, GET RID OF THAT SHIT!

**You will never get over a person, place, or thing if it is still taking up space in your life!
I have been in different situations that proved this as true statement.**



For example:

Take break-ups. Relationships that have been months or years in the making.

A lot has accumulated itself in this time span.

You'll be faced with being in the same space, may have shared personal belongings, pictures, accounts, etc with that person.

You have to move, toss, throw away shit.

You have to close accounts, delete people, places and pictures. You have to burn it all!

Trust me I've been there!

Side Note: If you happen to share kids with this person, that is always a blessing. Kids are a gift from GOD.

Trust the process and toss err thing else out! You got the best gift ever!

Another example:

High school, College & or Work!

Many of us have some good and bad memories.

It all has a way of shaping us.

We can hold on and stay in same place.

Or Grow, move up, and go places!

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REVIEW AND MAKE INVENTORY

ONCE YOU GOT RID OF ALL THE OLD, IT'S TIME TO SEE WHERE YOU ARE NOW.

YOU MUST SEE HOW MUCH SPACE YOU HAVE, HOW YOU CURRENTLY FEEL.

YOU MIGHT EVEN FIND YOURSELF NEEDING TO DELETE AND TOSS MORE
THINGS!

(YOU'LL BE SURPRISED OF HOW MUCH STUFF YOU HAVE TO TRASH)!

TRY YOUR BEST TO FACE EVERY SINGLE DETAIL!
NOTE EVERYTHING!



THIS IS THE TIME TO ASSETS AND WRITE DOWN WHAT IT IS YOU NEED
CURRENTLY IN YOUR LIFE. (WHAT ARE YOU REPLACING THE OLD WITH)?

WHAT DO YOU REPLACE THE OLD WITH?

MANY TIMES PEOPLE WANT TO REPLACE SOMETHING THAT IS OLD
WITH SOMETHING THAT IS EXACTLY LIKE IT!

THIS IS A big MISTAKE!

WHAT HAPPENS IN THESE SITUATIONS IS THE SAME RESULTS
WILL PRODUCE ITSELF.

THE VERY FIRST THING THAT IS NEEDED IS THE DETOX KEY SUPPLEMENT.

YOU MUST USE THE KEY SUPPLEMENT TO FIRST REPLACE THE
“OLD” AS THE INITIAL PLACEMENT IN YOUR NEW SPACE.

THE KEY SUPPLEMENT IS GRATITUDE.

THIS OPENS UP ALL OTHER KEYS TO DETOX FULLY.



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MORE KEYS TO DETOXXING YOUR MIND

YOU ARE NOW IN THE PROCESS OF FILLING IN SPACE BY REPLACING IT WITH THINGS THAT ONLY SERVE YOU TO YOUR HIGHEST BENEFIT.

KEYS INCLUDE:

PEACE

LOVE (SELF- LOVE)

HAPPINESS (PURE JOY)

KINDNESS

PATIENCE (INCLUDING WITH SELF)

DISCIPLINE (STRUCTURE)

FOCUS (DRIVE & PASSION)



THESE KEYS WILL HELP YOU MAINTAIN A DETOX AND ESTABLISH/ MAINTAIN A POSITIVE MIND. IT WILL ALSO HELP TO USE TECHNIQS KNOWN OR OF YOUR OWN TO HELP DETOX AS WELL... SEE THE NEXT SLIDES FOR TECHNIQS.

TRY A TECHNIQUE - RESULTS MAY VARY!

PRAYER- is a communication process that allows us to talk to God!
(DECLARATION)

MEDITATION- is an approach to training the mind.
(VISUALIZATION)

EXERCISE- is any bodily activity that enhances or maintains physical fitness and
overall health
(MENTAL HEALTH TRUST)

SLEEP- is a naturally recurring state of mind and body, characterized by altered
consciousness.
(LUCID DREAMER)?



DETOX WORKSHEET:

LIST ANY PERSON, PLACE, OR THING BELOW THAT CURRENTLY FEEL BAD ABOUT:
ALSO EXPLAIN HOW LONG YOU DEALT WITH THOSE FEELINGS.

DETOX WORKSHEET:

LIST ANY PERSON, PLACE, OR THING BELOW THAT YOU WILL
REPLACE THE "BAD"- OLD IN YOUR LIFE!

WHAT DO YOU WANT NOW- HOW DO YOU WANT IT TO IMPACT YOUR LIFE?

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DETOX WORKSHEET: ✕

			HELL YES!	NOT REALLY	NOT AT ALL
1	AFTER MY TOSS I FEEL MUCH BETTER				
2	I REPLACED ALL THE OLD WITH THE NEW!				
3	I AM ON A NEW PATH AND HAVE COMPLETELY FINISHED MY DETOX WORK				

LET'S REVIEW AND HAVE A FINAL DETOX SIGN OFF !



#1 THROW AWAY, TOSS, DELETE, GET RID OF THAT SHIT!

#2 REVIEW AND MAKE INVENTORY OF NEW SPACE

#3 FIND YOUR TECHNIQUE

#4 WORK IT OUT (USE YOUR WORKSHEETS)

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PLEASE SIGN BELOW TO ACKNOWLEDGE YOUR UNDERSTANDING AND COMPLETION OF THIS DETOX WORKSHEET

X _____

PRINT ME!

I HOPE YOU LOVES ENJOYED THIS WORKSHEET!

MY GOAL IS TO HELP YOU DETOX YOUR MIND!

FEEL FREE TO ALWAYS COME BACK & REVIEW YOUR DETOX RESPONSES!

DO THIS ANYTIME YOU NEED A DETOX- PICK ME UP!

**GET YOUR VIBE!
(LOVE YOUR JOURNEY)!**

