

THE 7
DAY
BRAIN
DETOX

DATE __/__/____

The 7 Day Brain Detox

NOTE: I PREFER TO USE THIS BEFORE BEDTIME. GRAB A CUP OF TEA, UNWIND, RELAX AND ENJOY THE GOOD VIBES. AND DON'T WORRY ABOUT FILLING IT ALL IN A ROW, DO AS LITTLE OR AS MUCH AS YOU FEEL. HAPPY WRITING.

I AM GRATEFUL FOR...



TOP WINS
FROM TODAY

TODAY I FEEL...

FOOD LOG:

GOOD THINGS THAT I
DID FOR MY BODY

LESSONS THAT I
LEARNED TODAY

GOALS THAT I'M EXCITED TO
ACCOMPLISH IN THE FUTURE

Affirmation of the day

I AM IN
CONTROL
OF MY
LIFE +
DESTINY

DATE __/__/____

The 7 Day Brain Detox

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I AM GRATEFUL FOR...



TOP WINS
FROM TODAY

TODAY I FEEL...

FOOD LOG:

GOOD THINGS THAT I
DID FOR MY BODY

LESSONS THAT I
LEARNED TODAY

GOALS THAT I'M EXCITED TO
ACCOMPLISH IN THE FUTURE

Affirmation of the day

IN THIS
MOMENT,
I AM
WHOLE

DATE __/__/____

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I AM GRATEFUL FOR...



TODAY I FEEL...

FOOD LOG:

GOOD THINGS THAT I DID FOR MY BODY

LESSONS THAT I
LEARNED TODAY

GOALS THAT I'M EXCITED TO
ACCOMPLISH IN THE FUTURE

Affirmation of the day

AMAZING
THINGS
ARE
COMING
MY WAY

DATE __/__/____

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I AM GRATEFUL FOR...



TODAY I FEEL...

FOOD LOG:

GOOD THINGS THAT I
DID FOR MY BODY

LESSONS THAT I
LEARNED TODAY

GOALS THAT I'M EXCITED TO
ACCOMPLISH IN THE FUTURE

Affirmation of the day

MY
JOURNEY
IS
UNIQUE
AND I
TRUST IT

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I AM GRATEFUL FOR...



TODAY I FEEL...

FOOD LOG:

GOOD THINGS THAT I DID FOR MY BODY

LESSONS THAT I
LEARNED TODAY

GOALS THAT I'M EXCITED TO
ACCOMPLISH IN THE FUTURE

Affirmation of the day

WHEN I
FORGIVE
MYSELF,
I AM
FREE.

DATE __/__/____

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I AM GRATEFUL FOR...

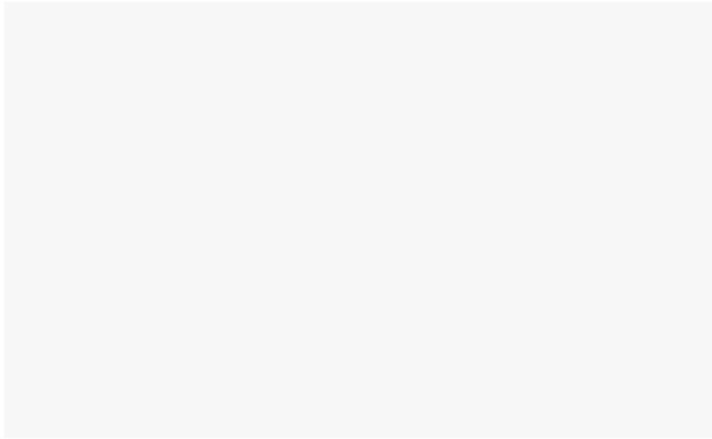


TODAY I FEEL...

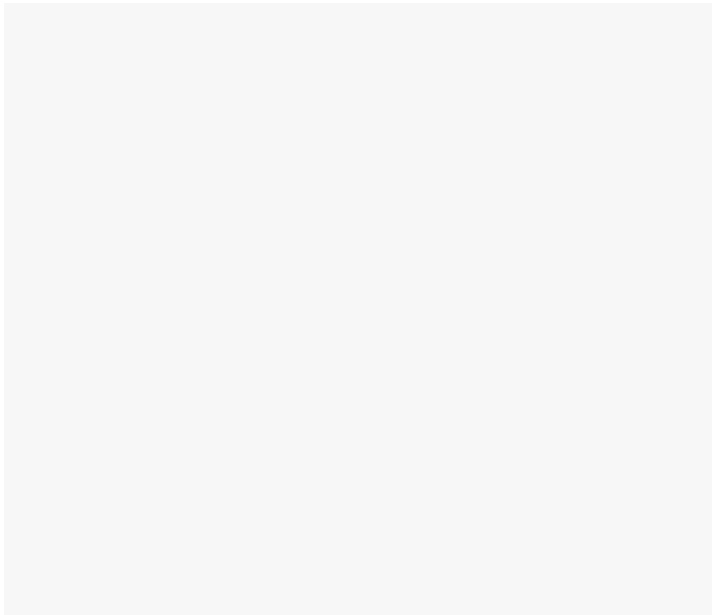
FOOD LOG:

GOOD THINGS THAT I
DID FOR MY BODY

LESSONS THAT I
LEARNED TODAY



GOALS THAT I'M EXCITED TO
ACCOMPLISH IN THE FUTURE



Affirmation of the day

I ACCEPT
EVERY
PART OF
ME.



DATE __/__/____

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I AM GRATEFUL FOR...



TODAY I FEEL...

FOOD LOG:

GOOD THINGS THAT I
DID FOR MY BODY

LESSONS THAT I
LEARNED TODAY

GOALS THAT I'M EXCITED TO
ACCOMPLISH IN THE FUTURE

Affirmation of the day

I AM
READY
TO BEGIN
AGAIN.