

## Mindset/Setting the Stage for Healthy Success



### Our Deepest Fear

Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness that most frightens us.  
We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you *not* to be?

You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Excerpted from *A Return to Love: Reflections on the Principles of A Course in Miracles*, by Marianne Williamson

# VIP Cleanse Ritual Workbook

Start Date \_\_\_\_\_

## Before You Begin: Take inventory

Before beginning it is so important to take inventory and assess where you currently are on all levels of being. Then create your intentions or goals around the cleanse.

- What would you like to change or shift during this time?

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- Is there an area in your life that you would like to focus on?

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- How does your body feel now? How would like it to feel?

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- Do you have pain?

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- How are your energy levels?

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- How are your moods?

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- Do you feel happy, confident and content?

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Take the time to journal about these and other questions as you enter into this initial stage. It is only by being honest about where you are that you can then become clear about where you are going.

# VIP Cleanse Ritual Workbook

Weight \_\_\_\_\_  
Energy (1-10) \_\_\_\_\_  
Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

## Current health concerns or issues

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What are my fears or shadows?

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How can you transform the “can’t” or “shouldn’t” into “can” and “will”?

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## My Cleanse Intentions

Why are you cleansing?

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What do you intend to get out of your cleanse?

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What do you *really* want for yourself and your health?

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## VIP Cleanse Ritual Workbook

Who will you be when the cleanse is finished?

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How will you have changed?

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What will you feel like?

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The more you can feel what you want, the more you can fuel your motivation.  
Use the questions as a guide to create a vivid picture and write it down.

**My vision (for all areas of life)**

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## VIP Cleanse Ritual Workbook

### **Commitment to yourself (please initial each line):**

\_\_\_\_\_ I commit to supporting my body and spirit as they have supported me for all these years.

\_\_\_\_\_ I commit to having integrity with myself, giving 100%, sticking to this and not allowing my fear of my greatness cause me to let myself down.

\_\_\_\_\_ I commit to being honest with myself and others.

\_\_\_\_\_ I commit to embracing change even if my fears tell me to back down.

\_\_\_\_\_ I commit to a body that is vibrant, energized, clear and living in my highest self.

\_\_\_\_\_ I commit to making time for myself to repair, regenerate and heal during this sacred time.

\_\_\_\_\_ I commit to focusing on my desired outcome, rather than getting caught up in how I will get there.

\_\_\_\_\_ I commit to purifying my body, mind, spirit and heart to expand into my radiant self!

\*\* Remember there will NEVER be a right time to cleanse. My suggestion is that you make a commitment to yourself and stick with it. This will help you build trust with yourself. The way you approach your cleanse is often a reflection of your self-commitment in general. So if you only give 50% here, then you most likely are giving only 50% to yourself in other areas. Be clear in your commitment, and stick to it. You will be amazed at how you feel and the confidence you will build.

## **Tracking Your Progress and Journey**

### ***Daily or almost daily check-ins:***

- ✓ What is working/what is going well?
- ✓ Keep your attention on what is working and what you are finding to be positive. By doing this, you will only experience more of it.
- ✓ What am I learning?
- ✓ How is it going so far?
- ✓ Check in with your professional and personal support.
- ✓ What are you noticing?
- ✓ How is your sleep?
- ✓ How is your energy level?
- ✓ How are your moods?
- ✓ Are you noticing any changes?
- ✓ What are your favorite new foods?
- ✓ What are your favorite new recipes?
- ✓ How do you feel without refined foods?
- ✓ Reconnect with your intention. Feel it, see it vividly. Really taste it!
- ✓ Connect with yourself as if the image is already reality.

# VIP Cleanse Ritual Workbook

***You made it! Celebrate Your Success!!!***

End Date \_\_\_\_\_

Weight \_\_\_\_\_

Energy (1-10) \_\_\_\_\_

General Emotional State \_\_\_\_\_

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

Spiritual connection \_\_\_\_\_

## **Changes with health concerns or issues**

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## **Intentions around moving forward**

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## **My plan of action for ongoing support**

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