

## *Detoxing Your Life Action Steps*

We want to encourage you to create an atmosphere and lifestyle that naturally encourages every day detox.  
Remember, consistent baby steps turn into consistent life steps.

### *Part 1 Action Steps*

1. Take some time to be introspective within your own life, getting to know your self and your needs better—step back and ask yourself what really is going on with you. Do this in a quiet place away from the technology and noise of life. Do a little assessment of each of these areas and how you're feeling day to day. This is helpful in figuring out where you need that extra support and nourishment.
2. Write down 2 things you learned from this episode that you can easily incorporate this week into your life—physically write them down! Next week add 2 more things and so on and watch these little things turn into lifetime routines.
3. Make eating dinner or one meal per day at the table a priority, without your phone, without the TV, without the noise.
4. If you are drinking caffeine throughout the day, eliminate one cup of caffeine from your daily routine.
5. Realistically plan a sleep schedule, one that actually is going to work for your life. Stick to it, even if it means saying no or not finishing something—you will be far more productive tomorrow if you sleep tonight. Plan a time to start winding down & a consistent wake time.
6. Make it happen. Put these steps into action today. Don't spend another moment waiting, just start doing!

### *Journaling*

What 2 things am I going to change in my life this week?

What am I going to drink instead of that extra cup of caffeine?

What does my winding down and sleep routine look like? What hours at night am I going to set aside to truly rest?

What did I do today to make it happen?

## *Part 2 Action Steps*

1. Switch to natural, safe deodorant—this little step over time turns into a huge step in your life, health, and hormones. We recommend Primally Pure's deodorant.
2. Swap out one household product to a safe, natural one—laundry soap, dishwasher soap, all purpose cleaner.
3. Change one skincare or beauty product you use daily to a safer option. We recommend starting with items you use daily—foundation, face oil/moisturizer, hand cream, lip stick or sunscreen.
4. Eliminate or forgive one toxic relationship or activity. Don't be afraid to make this positive change in your life.
5. Find a workout or movement activity you truly love and do that consistently 3 times a week—now that number may seem a little low but we want to encourage consistency more than anything.
6. Make it happen. Put these steps into action today. Don't spend another moment waiting, just start doing!

## *Journaling*

Household product to swap:

Skincare or beauty product to swap:

What can I do to heal and forgive a relationship or eliminate a negative activity in my life?

Days I consistently worked out this week and loved my workout:

What did I do today to make it happen?