

week 6

✧ CHECKLIST ✧

Energy Detox

Make space — physically, mentally and emotionally — for new beginnings.

Daily Actions

- ☐ 1. Declutter **ONE drawer or shelf**.
- ☐ 2. List **ONE supportive relationship** and ONE draining relationship.
- ☐ 3. Do **5 minutes of grounding** (walk barefoot, deep breathing, meditation).
- ☐ 4. Donate or discard **ONE item of clothing** you no longer wear.
- ☐ 5. **Journal for 5 minutes:** “What from the past am I ready to release?”
- ☐ 6. Light a **candle or incense** — create ONE calming ritual tonight.
- ☐ 7. Write down **3 habits** from this program you want to keep long-term.

Extra Credit

- ☐ **Donate or recycle** a bag of old clothes or items — make space for new energy.

Notes

*What feels lighter and clearer
in your life now?*