


The
RESET
SUCCESS
Checklist

**Your Path to a Powerful Reset:
A Step by Step Guide Through Preparation**

Pre-Cleanse Prep

Before you begin this cleanse, you have to understand the importance of intentional preparation. God commanded the Israelites to deeply prepare for Sabbath and Passover the day before so that these holy days could be fully honored. In the same way, preparation is a key requirement for a successful reset cleanse and holistic transformation.

You must prepare yourself mentally, physically, and spiritually; this **will** take more than a day.



The cleanse itself is 21 days. Give yourself an entire week prior to complete all the preparation steps.

This preparation week sets a foundation for your success in this cleanse. Take this week or time very seriously and be intentional with each of these steps.

Pre-Cleanse Prep

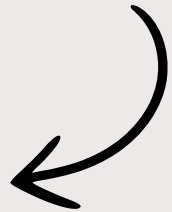
“Wisdom is the principal thing;
therefore get wisdom: and with all thy
getting get understanding.”

-Proverbs 4:7 KJV

Step 1

Gain an understanding by reading the introduction. The Introduction section is meant to give you clarity around a few things. As you complete each section of the introduction, check them off below.

- The Purpose & Benefits of this Cleanse**
- Biblical Fasting**
- The Science Behind Eliminating Toxins**
- Activities that will Enhance the Cleanse Process**



Pre-Cleanse Prep

Preparing your heart, mind and spirit is the next step. After that is completed, you will spend time preparing physically.

**“My son, give me thine heart, and let thine eyes observe my ways.”
-Proverbs 23:26 KJV**

Step 2

Posture is the next step in preparation for the Reset Cleanse. Your heart posture is most important to God. He knows our hearts and it is more honest than our actions. **Do NOT** attempt this cleanse without first checking your heart posture and getting into a position of ***surrender***. Surrendering to God puts you in the right position to humble yourself before God. Ask God to create a clean heart in you and to help you surrender to him. Ask him to remove anything that would prevent you from surrendering yourself to him fully.

**“Create in me a clean heart, O God; and renew a right spirit within me.”
-Psalm 51:10 KJV**

Pre-Cleanse Prep

Step 3

Prepare yourself mentally for change.

True transformation begins with the mind. Success in this Reset starts with your mindset. Don't go into it thinking it will be difficult, restricting, or overwhelming. Don't go into it with the disbelief that it won't work. Go into the Reset seeing it as an opportunity for renewal, healing & partnership with God.

"Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ."

-1 Peter 1:13 ESV

- Set your expectations high on what you're gaining**
- Replace thoughts of doubt with words of encouragement**
- Expect challenges *AND* trust God's strength**

Pre-Cleanse Prep

Step 4

Use the checklist below as you complete each spiritual and physical step of preparation below.

Preparation Prayer

**Heart & Posture Check -
surrender and submit to God**

“Then Joshua said to the people,
‘Consecrate yourselves, for tomorrow
the Lord will do wonders among you.’”
-Joshua 3:5 ESV

Examine the Foundations

**Identify & Solidify your
Support Network**

**Schedule your Start date &
commit to it!**

Pre-Cleanse Prep

- Look at your regular schedule and clear space where you can. Make room for God.
- Look ahead at the “Daily Regimen Checklist” to mentally prepare for the flow of your cleanse days
- Block off time in your schedule for shopping & meal preparation

“On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.”

–Exodus 3:5 ESV

God blesses those who prepare in obedience.

- Eliminate “Toxic Temptations” from your home

Pre-Cleanse Prep

Look ahead and read the Reset *"What to Eat"* and *"What not to eat"* lists

Complete shopping and meal prep -> remember to use the provided shopping lists & guide

Humble yourself in the sight of the Lord.

"Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. Be afflicted, and mourn and weep: let your laughter be turned to mourning, and your joy to heaviness. Humble yourselves in the sight of the Lord, and he shall lift you up."

-James 4:7-10 KJV