

THE UNAPOLOGETIC LIFE DETOX

5 Days of Reclaiming Your
Mind, Body, Soul, and Home



The Unapologetic Life Detox

WELCOME TO YOUR STARTING LINE!

This guide is packed with the exact tips and strategies I used when I began reclaiming my life, and now it's your turn. These aren't just quick fixes; they're the foundation for a long-term journey toward true balance and control.

Whether you're ready to clear out physical clutter, sharpen your mental focus, fuel your soul's fire, or build a home that supports your highest self, this guide lays down the essential first moves.

Think of this as your launchpad, a bold step into a life where you call the shots, where every part of your MIND | BODY | SOUL | HOME is aligned and powerful.

This is just the start. The real transformation comes as you keep showing up, keep shifting, and keep owning your path. And you won't be alone, I'm here, and our community is ready to support you every step of the way.

Your experiences, your wins, your challenges, they all matter here. So dive in, take charge, and let's turn overwhelm into unstoppable momentum.

Step into you. Embody change. Thrive fully.

Heather Clark



DAY 1: MIND - MENTAL CLUTTER

Signs of Mental Clutter

Constant worrying, negative self-talk, difficulties focusing, forgetfulness, overthinking, procrastination, lack of clarity, and can even show up as physical symptoms like headaches and tension in the neck/shoulders.

Step 1 - Mind Dump

Grab a notebook and a pen and write down ALL the current thoughts that are going through your mind right now, in this moment. You may use the two blank pages I gave below instead, and the mind dump prompts on the next page will get those thoughts flowing.

Step 2 - Cross out

Take your pen and cross off all the items you've listed that you **cannot** change at all.

Step 3 - Highlight 1st Colour

Grab one colour and highlight all of the items that you can change in the next 24hrs.

Step 4 - Highlight 2nd Colour

Grab another colour and highlight all the items that you can change, but will need more than 24hrs to complete them.

Step 5 - Schedule & Get it Done!

Schedule in the time needed for you to complete all the items you highlighted in step 4 and do all the items you highlighted in step 3.



DAY 1: MIND - MENTAL CLUTTER

Mind Dump Prompts

Here are just a few prompts to get your thoughts out of your head and onto the paper.

What calls do I need to make?

Is anyone's birthday coming up? Did I miss any?

Have I prepared my taxes?

How do I currently feel today? Why?

What task(s) did I miss doing last quarter? last month? Last week?

Yesterday?

What groceries do I need this week? Toiletries?

Is my medical history up-to-date? My family's?

Are there projects in the home that need to be done? Outside?

When was the last time I took care of myself?

How do I feel about social media right now? The news?

What am I grateful for today?

What has me worried?

What am I most afraid of currently?

What am I most proud of when it comes to my life? My business?

How is business going right now?

What do I wish was different with the business? Life?

Have I upgraded all my software on my phone? Computer?

What bills are coming up? Any bills late?

Is my car's servicing up-to-date?

What do I need right now to feel safe? Loved?



DAY 1: MIND – MENTAL CLUTTER



DAY 1: MIND - MENTAL CLUTTER



DAY 2: BODY - EMOTIONAL CLUTTER

Signs of Emotional Clutter

Overwhelm, anxiety, anger/rage, feeling stuck, difficulty letting go of past experiences, reoccurring negative thoughts/emotions, stress, tension, constant headaches, digestive issues, fatigue, etc.

Step 1 - Acknowledge

Be aware and acknowledge when the big emotions show up. What was happening before? What were you about to do? Who or what were you thinking about? Who were you just talking to? (Go to page 8)

Step 2 - No Judgement

Every single emotion you feel is valid.

Step 3 - Grounding

Find ways to ground your body. Whether that's going outside and sitting on the grass, breathing exercises, meditating or even journalling can ground ourselves.

Step 4 - Take Care of You

You need to take care of your physical body first, before you can take care of your emotional body. Making sure you're eating well, getting plenty of sleep, finding a release activity (ex. boxing), exercise/dance, drinking proper amounts of electrolyte water, and making sure you have someone to talk to like a good friend or professional.



DAY 2: BODY - EMOTIONAL CLUTTER

Emotions Wheel

The following wheel is full of examples of different emotions that you may feel throughout the day. Use this if you need when you're journaling or explaining to friends/professionals.





DAY 2: BODY - EMOTIONAL CLUTTER

Emotions I felt today:

What was happening before?

What was I about to do?

Who or what was I thinking about?

Who was I just talking to?

Did I take care of my physical body today? How so?



DAY 3: SOUL - SPIRITUAL CLUTTER

Signs of Spiritual Clutter

Carrying emotional baggage, negative beliefs, not listening to your gut instincts, unhealthy relationships, constant negative beliefs ("Why does this always happen to me?"..."I'll never be able to do XYZ"....etc.), distracting yourself with alcohol, drugs, overeating, etc., lack of mindfulness and being in the present moment, and not trusting your gut instincts.

Step 1 - Be Aware

Being aware that you're using external devices, or constantly not listening to your gut instincts is a huge first step to clearing out the spiritual clutter. (Go to page 10)

Step 2 - Be Present

Sometimes, dwelling too much on the past or worrying about the future can keep us from fully enjoying the here and now. But when we embrace the present moment, we open the door for our higher selves to shine through and steer us toward our brightest path.

Step 3 - Trust

Discovering the wisdom of your inner voice, whether through meditation, worship, or simply being true to yourself, empowers you to have faith in your life choices and to embrace your unique purpose.



DAY 3: SOUL - SPIRITUAL CLUTTER

What is my go-to vice when the noise gets too loud?

(e.g., phone scrolling, wine, substances, overeating, overworking)

When I reach for my go-to vice, what is the exact feeling, thought, or reality I am desperately trying to escape in this moment?

If my favourite vice or distraction completely vanished tonight, what raw truth about my life, my career, or my relationships would I be forced to finally face tomorrow morning?

Who does this numbing habit actually serve? Am I protecting my own peace, or am I just numbing myself so I can keep playing the role of the woman who "has it completely together" for everyone else?

Did I listen to my gut instincts today? If not, where did I ignore them?



DAY 4: HOME - PHYSICAL CLUTTER

Signs of Physical Clutter

The physical clutter is the easiest to recognize as it is something you can touch/see in your home. Whether it's papers sprawled over your desk/floor, dishes filling your sink, clothes draped over an unused treadmill, or a junk drawer/closet/room.

Step 1 - Grab a Friend

Decluttering the physical stuff takes a lot of energy. Make sure you grab a friend (or family member) and declutter together.

Step 2 - Start Neutral

Don't start with items that have emotional attachments. Start with items that are considered 'neutral' (ex. junk mail).

Step 3 - Time Yourself

The most efficient way I've found to tackle tasks is using the Pomodoro technique. Start with a 25-minute timer, declutter, check in with a buddy when it rings, and repeat until you're done or low on energy.

Step 4 - Reflect

If you need to create a "thank you" ritual, then do so each time you clear an item. This is something that is very personal. Know that when you clear out the physical, you're making space for the emotional, mental, and spiritual clutter to come forward. It is normal! Take time to appreciate all the progress and to understand that this is something that needs to happen time and again.



DAY 5: INTEGRATION

Signs of Integration

Integration feels like a sudden, deep exhale. You know it's working when you finally feel calm sitting in a quiet room, make decisions from your gut without second-guessing yourself, and no longer feel the need to apologize for your boundaries. Your mind, body, soul, and home finally feel like they belong entirely to you.

Step 1 - Audit Your Four Pillars Weekly

Set a non-negotiable 15-minute appointment with yourself every week to review your mind, body, soul, and home so you can catch clutter before it accumulates.

Step 2 - Hold Your Boundaries

Hold your boundaries without over-explaining. When you choose to protect your time or space, state your decision clearly and cleanly without shrinking or apologizing for your needs.

Step 3 - Intercept the Urge to Numb Out

The exact moment you catch yourself reaching for a quick distraction to escape stress, pause, bring yourself back to the present moment, and trust your gut choice instead.



DAY 5: INTEGRATION

When and where am I blocking out non-negotiable time each week to look squarely at the state of my mind, body, soul, and home?

What is the one bold, unapologetic boundary I am enforcing right now to fiercely protect the peace I just reclaimed in my mind, body, soul, and home?

Where am I still tempted to shrink or apologize for my own needs, and how will I choose to claim my unapologetic freedom to just be me instead?

What simple, daily shift am I committing to practising starting now to ensure I keep thriving rather than slipping back into survival mode?



ABOUT HEATHER CLARK

As a Momma and business owner, I'm here to help you step into the new you: **bold, unapologetic, and fully alive.** My passion is decluttering not just your physical space but clearing the mental, emotional, and spiritual clutter that holds you back from thriving.

Life's chaos taught me how to embody change through simple, powerful shifts that bring clarity and calm. I believe in the power of intentional living, with plants, authentic connections, and an eco-friendly mindset that honours what you already have before reaching for more.

This journey is about more than tidying up; it's about reclaiming your MIND | BODY | SOUL | HOME so you can thrive fully, in every corner of your life. No overwhelm, no perfection, just steady, bold moves toward the life you're ready to claim.

I'm here to walk alongside you, sharing the tools and mindset to transform your spaces and your life. Ready to step in, embody your power, and thrive? Let's make it happen, together.



CONNECT WITH HEATHER

