

Daily Detox Reset

30-Day Holistic Awareness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Start your day with a glass of warm lemon water.	2 Take 1-hour social media break.	3 Name one emotion you have been avoiding.	4 Take a quiet walk without headphones.	5 Swap one processed food for a healthy one.	6 Choose one negative thought & reframe it with truth.	7 Pause for 60 seconds. Where am I holding tension?
8 Name one thing you are trying to control. Can you let go?	9 Before going to bed, stretch for 5 minutes.	10 Tackle one project & take one small step towards completing it.	11 When frustrated, ask: "What is really going on?"	12 Take 3 deep breaths; with each exhale, experience rest.	13 Hydrate with intention. Track your intake.	14 Declutter one small space. Notice how you feel afterwards.
15 Write a note to your younger self. What does she need to hear?	16 Read a favorite verse or quote. Sit with it slowly.	17 Spend 10 minutes outside. Let nature reset your breath.	18 List 3 things today, you are grateful for.	19 Express your emotions; cry, laugh, or scream into a pillow if needed!	20 Sit in silence for 3 minutes & ask "God, what do you want me to notice?"	21 Replace one drink today with a green smoothie or fresh juice.
22 Notice your inner dialogue. Speak to yourself like a friend.	23 Notice a recent trigger. Is there something deeper going on?	24 Hand on your heart, listen to a instrumental song, & receive.	25 End your day with 10 slow toe-to-head breaths.	26 Choose to speak one life-giving truth over yourself.	27 Reach out to someone and offer a kind word. Healing flows both ways.	28 Where am I striving instead of surrendering? Let grace in.
29 Have one tech-free meal. Eat slowly. Chew fully. Be nourished.	30 Intregration Day: Receive grace in all areas of my life today!					