

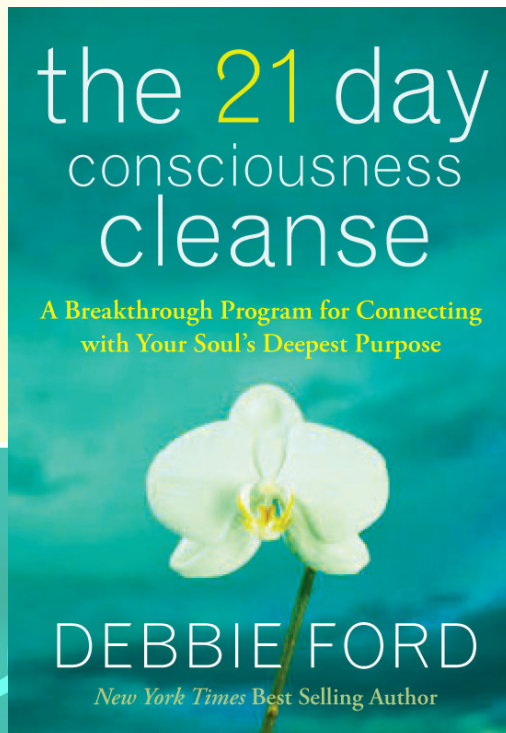
PREPARE FOR YOUR

# 21-Day Consciousness Cleanse

WITH THIS CHECKLIST

If you are seriously considering the 21-DAY CONSCIOUSNESS CLEANSE it is because, more than likely, you know there is far more for you than you are experiencing right now. So today is a perfect day for you to take back your power from the outer world, turn inward, and embark on the journey of reconnecting with the spirit that moves you. With this book, you can clean out the container of your own consciousness, enabling you to experience your most soulful self.

*-Debbie Ford*



- Let people in your life know that you are taking this time to clear your mind and heart so you can unveil and discover the next evolution of your soul.
- Become acutely aware of everything that enters your system—physically, emotionally, and mentally.
- Find several songs that inspire, thrill, and uplift you and make them into a playlist.
- Find a prayer or healing mantra that soothes your soul.
- Make a list of three people you admire and three people you consider to be losers.
- To the extent that you are able, step away from email, cell phones, television and other sources of distraction during your cleanse.
- Ask people you interact with on a regular basis to deliver all their communications to you before 6:00PM on the day before the start of your Cleanse.