

Tips for Staying on Track

Ask for Support

Eating is very social and often influenced by our boundaries and relationships with others. Let the close people in your life know that you are doing this cleanse and ask for their support. You may want to make specific requests of these people (whether it be your partner, family, roommates, co-workers, friends, etc.). Make a list of any people you want to ask for their support or let them know you are cleansing. Maybe even invite them to join you?

Example: "Friend, I want to let you know I am doing this 7 day cleanse and I'm really excited about it. I would love your support. What would help me the most is if you could refrain from offering me _____ foods." Or..."Maybe we could cook together!"

Be Honest with Yourself

Make a list of the foods you're eating that you suspect or know aren't supporting you. Be honest with yourself about it. Often times we already know the foods and patterns that aren't working. These are the most powerful ones to release because this is where we'll see the biggest, quickest change in the way we feel.

Focus on how you want to Feel

It can be challenging to make changes because our mind is in the habit of repeating certain thoughts and patterns. Notice the thoughts and patterns (without judging) and decide to choose something new anyway. Create a clear vision of how you want to feel in your body and mind and let that be your anchor when you're feeling moments of "weakness".

Focus on what you can Eat

Focusing on what we "can't eat" is a surefire way to create a feeling of limitation. There are SO many healthy amazing options to eat! Focus on what you ARE eating during this time, especially when you shop for groceries. Make a list for yourself "What I AM eating" and then add a bunch of stuff you want to grab. Remember to check those nutrition labels for sneaky ingredients :)

Love your Body, 7 Day Cleanse with Erinn