



BEYOND-THE-CLEANSE WORKSHEET

1. How do you feel after being on the whole foods cleanse these last five days?
(Ex. better sleep, more energy, sharper thinking, clarity of purpose, healthier, lighter etc.)

2. List the good habits you enjoyed during the cleanse? (Ex. drinking hot lemon water, making the time to prep and plan, trying new healthy recipes, cooking more at home, creating time for self-care etc.)

3. Are you willing to give up the above positive benefits and habits? If not, why? If yes, why?

4. What is your plan after the cleanse? (Ex. continue this way of eating, extend the cleanse for a certain amount of days, slowly reintroduce foods, stop the cleanse by add a healthy habit, add in self-care, meal-planning etc.)

5. What are the bad habits/ unhealthy attachments you noticed during the detox? (Ex. snacking on kids foods, eating when I am not hungry, drinking soda etc.)

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