

THE cleanse

1. ALCOHOL ABSTINENCE

I will **abstain from alcohol** to better understand how it affects my body.

2. OPEN MINDEDNESS

I will embark on this cleanse with an **open mind**, willing to learn from both my successes and my mistakes.

3. SELF REFLECTION

I will **personally evaluate** the possibility that cannabis may be healthier for me than alcohol. I will take the time to reflect on my experiences and understand how they impacted my wellness.

4. NOURISHMENT

I will think about the choice I'm about to make before consuming anything. When I decide to eat something, I will be grateful for the nourishment it will provide me. *And don't forget, cannabis is a wonderful source of essential nutrients.*

TIP Aim to eat as nutritiously, colorfully, ethically, and locally as you can afford.

5. POSITIVE SELF-TALK

I will **practice positive self-talk**. I will be conscious of negative self-talk and be kinder and more forgiving to myself. My opinion of me is what matters most.

6. MOVEMENT

I will **find enjoyable ways of incorporating exercise into my routine**. I don't have to feel the burn; I just have to feel active, allowing my body the space and time to move, walk, dance, swim, jog, stretch, and play at its own pace.

7. HYDRATION

I will **listen and respond to my body's need for water**, which is 70% of my very being!

TIP Fill up your water bottle every time you use the restroom.

8. MENTAL SPACE

I will **acknowledge any pain I may experience**.

Whether it is physical or mental, I will not ignore the imbalances in my body. I will trust in myself to work through discomfort, stress, and exhaustion, and I will give myself the time to heal.

9. HAPPINESS

I will choose happiness. I will not feel bad for taking moments to enjoy myself. Each day will present at least one opportunity to revitalize my energy.

10. GRATITUDE

I will be grateful for this chance to take care of my body and reflect each day on my well-being.

TIP Do legs up the wall pose for 5-15 minutes + journal what you're thankful for.