



Lifestyle Detox Menu

Don't try and do this all at once, read through and pick the one that inspires you most right now. Start there and then head back to select another one once complete. Slowly create a lifestyle that's optimised and as simple and stress-free as possible.

- Read Marie Kondo's *The Life Changing Magic of Tidying Up* and implement the method to begin clearing out your physical space and creating a space that supports the next evolution of you
- Clear up your social media:
 - unfollow accounts that no longer add value, unsubscribe from emails that you don't have time to read, set limits around how long you spend on social media
- Use tracker apps to track key areas of your life to see where improvements could be made, the simple act of tracking brings more consciousness to the area and begins changing the behaviour e.g.:
 - Moment: track your mobile phone usage
 - Daily Budget: track your finances
 - My Fitness Pal: food tracker
- Detox your kitchen: Organize that 'catch all' drawer. You know the one! Check expiry dates in the fridge. Discard products that are distracting you from vitality.

- Detox your car
- Detox your desk - get rid of all the excess paper and bumph, create space for inspiration and focus to land as you work
- Detox your computer: Organize desktop folders, delete excess stuff, run a clean-up programme like clean my mac to get things moving quickly again.
- Detox your inbox: Start an unsubscribe folder and drag emails into it. Take one day this week to unsubscribe from these. Or use unroll.me to batch unsubscribe from newsletters. Set new rules for yourself to check your inbox only once or twice per day
- Clear your phone by deleting apps you don't use anymore. Organise apps into folders so you only have 1 screen of apps. Turn off all notifications in the settings section. Set new boundaries for when you will check email and social media platforms. Be smarter than your smart phone, work out how to own it so it doesn't own you.
- Detox your Calendar: What's on your calendar? What are you ongoing responsibilities? What could go? What needs to go in? Schedule the important stuff and stick to it. Develop calendar integrity, it feels good and reduces stress.
- Detox your bank account: check your accounts for the last three months and review where your spending is going. Identify any areas where money is being wasted. Anything you could cut back on or reduce? Switch all of your bills to online billing and consider setting them up on auto-pay to simplify life.
- Get some real plants into your home to purify the air
- Create a donation box and start getting into the habit of letting things go once they've served their purpose and no longer bring you joy.
- Make your own DIY green cleaning products to reduce your toxic load
- Cleanse your beauty and self-care products. Read the labels and see what you're putting onto your skin. Identify simple swaps you can make one swap at a time. e.g. moisturiser with lots of preservatives and dodgy ingredients swapped with simple coconut oil/almond oil etc..