

# HOW TO FEEL **GOOD** IN YOUR BODY

On a scale from 1 (the least) to 10 (the most) - what is your current level of **stress**?

How much **caffeine** do you drink per day?

How much **energy** do you honestly have each day?

Are you **falsely** propping up your energy each day? If so, with what?

How hard is it for you to **fall asleep** each night?

Do you get **dizzy** when you stand up quickly?

Could you **eliminate** dairy, sugar, alcohol, coffee, gluten, and bread from your diet for 30 days?

Could you eliminate **grains** for 30 days?

How much **sleep** do you get a night?

What would you have to do to rearrange your schedule to get at least **8 hours** of sleep a night?

Could you add a **digestive enzyme** to each meal?

Would you be willing to take a **probiotic** each day?

Could you add **B-Vitamins** to your daily diet?

How much **organic food** are you eating each day?

How much **GMO** food are you eating each day?

Do you have a friend or **accountability partner** you could do a 30 day challenge with?

If making this change wasn't a 30 day cleanse, but a lifestyle adjustment - how would you see it differently?

The first week of going on a cleanse like this can produce **detox** results (headache, tiredness, etc). What can you do to set yourself up for success for the first week?

What parties, engagements, and commitments would you have to either say no to or plan for in order to stay on this specific protocol for **30 days**?

How will you **celebrate** at the end once you've completed 30 days of this cleanse?

From the desk of  
*paulette gloria harwood*

