

Spring Detox Plan



Get a jump start on Spring with more energy, clarity, and room for new growth. Here are 6 areas you can consider making simple shifts toward rejuvenation.

BODY

Choose one thing that will benefit your physical wellbeing.

Choose to eliminate and/or reduce caffeine, alcohol, meat, dairy, wheat or sugar. Or, add in more bitter greens, apple cider vinegar shots, warm lemon water, lighter foods.

MIND

Choose one shift in your inner dialogue.

What we tell ourselves can become toxic too. Find a mantra, affirmation, or a simple twist on how you begin your sentences. "I get too..." "I choose..."

ROUTINE

Create a basic daily schedule that supports your detox goals.

Choose to make adjustments to incorporate the positive shifts you want to make. Make sure to leave wiggle room for inevitable surprises.

RITUAL

Create a simple ritual to anchor you during this seasonal shift.

Ideas include: a morning ritual, bedtime ritual, daily bath, eat lunch sitting down, a daily "get outside" ritual, journal writing, meditation...

HOME

Clean a little deeper. Purge items you no longer need/want/use.

Don't walk past those cobwebs any longer. Clean out the fridge before you put your greens away. Play some music, listen to a podcast, invite family members to help make it more fun. Dance a little, smile, light a candle. Refresh the atmosphere of your home.

RELATIONSHIPS

Check in with your nearest and dearest (including you).

Choose to spend time with the people who support you during this detox time. Check in with how you communicate with others. What messages do you give out with words, body language and actions? Are you giving too much time to worrying what others think of you? Do you need more alone time to recharge or more connection time with friends?

**You can book a session with me to jumpstart your Spring, come up with a custom lifestyle detox map, and clean up any mental clutter that's holding you back.
Email jenn@jengallucci.com to find out more.**