



THE TOTAL FITNESS & SELF LOVE PROGRAM

Week 10 Workbook

Part One:

Environment Detox

Most of the time we need to physically declutter our lives and then the emotional clutter begins to release and fall away. A lot of times it's easier to address physical clutter than to dive deep into emotional and mental stressors. We can heal from the inside out and also from the outside in so if diving deep into your childhood fears or patterns, it can be better to begin gently, but decluttering your space. Another thing to think about when you are doing inner healing, I use the analogy is it being like cleaning your room or closet. You need to pull out all the stuff and sprawl it all out on the floor and make a big mess until you can look at everything and make a proper decision as to what is serving you and what isn't; what you love and what you don't. Emotional healing can feel heavy and messy when you're in the thick of it, but eventually things get put back into a better, more organized order.

Clutter Checklist

Where is the clutter hiding in your life?

Set some boundaries on the stuff that's controlling you.

Just as we said the physical clutter clutters the mind. If you don't control your stuff, your stuff will control you.

Make this stuff a priority and make some deadlines – choose one area a month and address it too slowly.

EXERCISE:

Take a look at your life, your space, your surroundings and see how clutter is overwhelming you.

Make a list of each location in your life, the problem that you are struggling with and the solution that you will implement in each area of your life that is creating physical, mental and environmental stress for you.

- o Set some limits and boundaries for yourself. Write the date of when you are going to sort each area of your life and give yourself a certain time frame to have it cleaned/organized... whether that's a day, week or month.

Location:

- Family Room
- Bedroom
- Kid's rooms
- Closets
- Dresser
- Kitchen: fridge, cupboards
- Purse/bag/diaper bag
- Dishes: cupboard/counter
- Garage
- Laundry room
- Personal
- Relationships: friends, family, peers, acquaintances
- Desk at work
- Vehicle
- (Add in your own space)

Problem:

- Fridge is too full of stuff: condiments, food you don't eat.

- There isn't enough room in the cupboards for dishes.
- You can't seem to find a match to your sock.
- There's nothing to wear.
- You smell something funny in your car but can't place the smell.
- Etc.

Solution:

- Get the stuff out of your life that isn't necessary, or is no longer serving you.
 - Let go of some friends if they aren't providing you with a healthy relationship.
 - Organize your desk at work.
 - Give away some dishes, or anything that you haven't used in a year.
 - Purge clothes that you haven't worn in months or years, or doesn't fit anymore.
 - Throw out everything in your fridge that you shouldn't be eating or is expired.
 - Organize your car, put a garbage bag in there to prevent food going on the floor
 - Etc.
- When completed write down the date and your signature that you implemented the solutions.

HAVE FUN WITH THIS ☺

Part Two:

Continue to spend time with your little self and also notice and undo the childhood narratives and fears. Remember you are safe when you have big emotions – keep practicing The 5 Step Process.

Common Narratives:

1. What I think doesn't matter
2. What I say doesn't matter
3. What I need doesn't matter
4. What I want doesn't matter

5. What I feel doesn't matter

Common Fears:

1. I won't know what to do
2. I won't do it right
3. I won't do enough
4. People will reject me
5. People will abandon me

Search in your heart where your needs weren't met as a child. The best way to do this is to sit quietly with no distractions, take some deep breaths so you are in a relaxed state and let your little self know that you are here to be with her and that you want to ask her if any of these fears and/or narratives apply. Talk to her like a 3 year old and as she begins to trust you, she will let you know which are the most prominent.

Write down, in your journal, what you experienced and if any memories or triggers came up and journal the memories, how you felt, and anything else that comes up for you.