

# lifestyle cleansing menu

Practical ways to clear space + welcome in a new season:

- ❑ A physical body cleanse - what you put in becomes a part of you. [Ready Set Glow](#) is a great 7 day reboot
- ❑ Cleanse your social media: Unfollow friends + pages that no longer align with who you are becoming. Design your FB wall to see updates from up to 15 of your closest friends before all the other stuff. [Here's how](#)
- ❑ Cleanse your kitchen: Organize that 'catch all' drawer. Check expiry dates in the fridge + pantry. Discard products that are distracting you from vitality. Detox your pantry: Check expiry dates, consider moving bulk items to labelled glass jars Take 10 min each Sunday to plan out your meals for the week, [Here's a free 30 day trial](#) to the digital tool I've been using for almost 10 years called Plan to Eat
- ❑ Cleanse your computer: Organize desktop folders, make your vision board your desktop image. Clean the hard drive. [Clean my Mac](#) is a tool that will do this
- ❑ Cleanse your car. Keep a bottle wild orange + peppermint essential oil to drop on the car floor before driving
- ❑ Cleanse your inbox: Start an unsubscribe folder to start dragging emails into. 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 2x per day
- ❑ Cleanse your phone by deleting apps you don't use anymore. Organize 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. [HOL:FIT Talks episode 042](#) gives more phone tips
- ❑ Cleanse your Calendar: Take everything on your calendar and put in on a whiteboard (aka 'the parking lot') Circle the priorities that need to stay. Decide to automate, delegate or eliminate everything else.
- ❑ Cleanse your bank account: Switch all of your bills to online billing and consider setting them up on auto-pay. Look at the last 3 months of bank/credit card statements. Organize your systems. Identify where money is being wasted or not circulating in an aligned way for you. Hire an accountant and bookkeeper
- ❑ Donate fake plants and buy the real thing. They will clean your air for you!
- ❑ Organize your messiest dresser or closet of clothes. Create a donation bag
- ❑ Make over your home cleaners to be green. [Here are some simple DIY recipes](#)
- ❑ schedule in your CEO day - perhaps it will include dinner on your own at your fave italian restaurant or a float tank session? No devices - just you and a notebook. Notice what visits you from your subconscious.