

“CLEANING OUT THE CLOSET”



By Trish Blackwell

Congratulations on starting your *Insecurity Detox*!

Like all detox programs, the *Insecurity Detox* is something to be kept in your life on an as-needed basis. I recommend doing the detox at least four times per year, or every few months. The *Insecurity Detox* is the first mind and body detox program in existence and is one of the best 7-day investments you can do for your confidence.

Each day you will be receiving an email similar to this one. You will see three main categories of the email: "detoxify", "define" and "dare". The “detoxify” section will coach you through a mental cleansing process, the “define” section will inspire you to define yourself differently than you have in the past, and the “dare” section will invite you to action.

Let the detox begin!

DETOXIFY:

To launch your cleanse, I want you to clean out your mental closet. Take an assessment of how you have thought about yourself in the past up to this date. The thoughts that we keep in our mental closets can burden us more than we realize, and like all cleaning projects, the best way to effectively clean is to first take an honest assessment of the state of the mess.

Take a look at the attached ["Intake Analysis"](#) and spend 10 minutes thoughtfully and honestly answering the questions. I suggest that you print up the Intake Analysis to hand-write in your answers. It has been clinically shown that handwriting in self-reflective activities can take us to a more vulnerable state, and vulnerability is the start of real change.

DEFINE:

Now that you have completed your Intake Analysis and have thought about your main goal that you hope to accomplish through this cleanse, please take a few minutes to identify one positive adjective that you wish to really begin using to describe yourself. Identify just one word and make that your word for the week. Examples of powerful positive words to make your mantra can be: confidence, boldness, courage, joy, exuberance, authenticity, peace, contentment, or tenacity just to name a few.

DARE:

Your dare for the day is to take this detox program 100% seriously and to stay committed to it all 7 days. Outlined below is what this commitment takes:

- (1). Read your daily email carefully and thoughtfully.
- (2). Listen to your daily audio coaching sessions.
- (3). Read your detoxifications three times per day.
- (4). Follow-through on the social media challenge.
- (5). Do the 7-minute morning cleanse.
- (6). Decrease your sugar intake
- (7). Increase your sleep, even if by just 30 minutes

You are on your way to pure thinking and a purified understanding of your self-confidence!

Confidently yours,
Trish

PS: Every day you will receive an inspirational quote of the day, in a graphic format that is associated with the day's detox theme and audio coaching session. You will be able to access the quote directly for viewing and download by clicking the directed link.

INSECURITY DETOX Program: Day One

BE YOU. BE FREE – by Trish Blackwell