

INSECURITY DETOX: DAY SEVEN

## “PURE THINKING”

*By Trish Blackwell*



The seventh day of your *Insecurity Detox* has arrived. Congratulations on persevering through this mental cleansing process. Your hard work and commitment to this detox program is worthwhile and it will pay off – any investment in yourself always has the highest return.

You have purified your perspective and you should now know that insecurity is simply a filter. It is a filter through which you can choose not to look. The lens through which you see the world determines how you experience the world, so make sure your lens is pure and positive. The pursuit of your potential can change everything about your present and your future.

### DETOXIFY:

You are no longer who you were just seven days ago. We are never defined by our past, but rather it is our past that refines us. Let go of the you that you used to be and embrace the possibility of living with a pure and positive mindset.

### DEFINE:

Print up your Out-Take Analysis and your Personal Contract and spend ten minutes thoughtfully completing the questions.

### DARE:

Your dare of the day – your final dare – is to pledge to choose confidence in yourself and to renew that decision each and every day you wake up. Remember, the certainty with which you believe in yourself determines the capacity at which you will live out your potential. Be certain that you will be successful. Be certain that you are purifying your thoughts and your perspective each and every day. Be certain that you are becoming a better version of you with every day that passes.

Confidently yours,  
Trish