



## Detox Journal *My Overall Intention*

Review each morning.

### What is my goal?

What am trying to achieve here? Is this a S.M.A.R.T. goal? Specific, measurable, attainable, relevant and time-bound? [source](#)

How does my goal add and/or create wonder, wellness & wisdom for me?

How will I celebrate completing my detox?

How will I celebrate achieving my goal?

**Detox Journal** *My Daily Report* Day # \_\_\_ Weekday \_\_\_\_\_ Date \_\_\_\_\_

AM

What's on my mind?

How do I feel?

What am I grateful for?

PM

How did my detox go today?

How did I feel? Did I experience any resistance? Did I have any revelations?

What am I grateful for?