



FALL
CLEARING
Cleanse

WORKBOOK
MONICAROSEYOGA.COM

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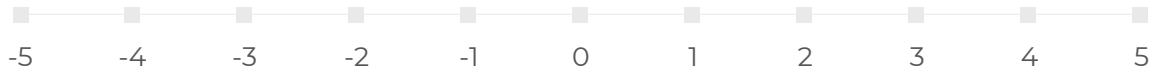
“After the lungs oxygenate the blood, the heart pumps the first, best, and freshest blood back to itself. The heart has learned and instructs us in the lesson that ‘charity begins at home.’ Serving others is a key part of yoga and loving and caring for ourselves and our own bodies are essential to serve others well. Follow your heart. In all ways give your best energy to your own heart.”

~ *Ganga White*

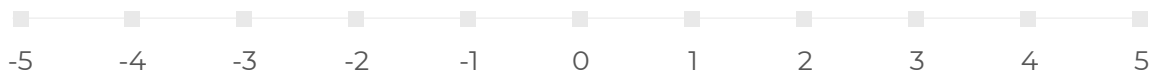
PRE-TEST

Rate yourself on the following before beginning the pre-cleanse

Discipline



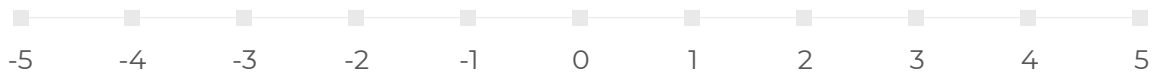
Clarity



Self-Love



Self-Understanding: Physical



Self-Understanding: Mental/Emotional



Total Score:

GET CLEAR

Set yourself up for success!

PLAN

Which plan are you doing?
(Guidebook page 16)



ADD-ONS

Are you doing the foundation
level or adding up-levels? If so,
which ones? (Guidebook page 17)



BALANCING ELEMENTS

Will you add elements to balance
your most imbalanced Vikruti? If so,
which ones? (Guidebook pages 8-10)



PRE-CLEANSE STRATEGY

How will you do your pre-cleanse?
(Guidebook page 18)



CRAVING CURES

General steps for working with & learning cravings. Fill in with specific things you want to explore for yourself (e.g. journaling, moving, breathing, meditating)



ACKNOWLEDGE

Become aware & acknowledge the craving.



INQUIRE

What is it I really want here? Is it physical hunger or something else?



ALIGN

Based on my inquiry, what choice would I like to make that's in alignment with my highest good?



PERSONAL #1



PERSONAL #2



PERSONAL #3



PRE-CLEANSE

Set yourself up for success!

01 Why are you doing this cleanse? What is your intention?

02 What would you like to release during this time?

03 What would you like to cultivate during this time?



PRE-CLEANSE

Set yourself up for success!

04 How can you make this cleanse more nourishing & loving towards yourself? In a brief moment? When you have more time?

05 What kind of boundaries do you want to create for yourself around this time to help with your intention? Are there practical steps you need to take to create these boundaries? Conversations you need to have?

06 What things are you noticing the most resistance to cutting out/back on during the pre-cleanse?

PRE-CLEANSE

Set yourself up for success!

07 What are you the most nervous about? How can you support yourself or ask for support?

08 Is there some non-food related way you want to reward yourself when you complete the cleanse?

09 "Cleanse" isn't the prettiest word, is there something else you want to call this time? Is there a reframe that's more supportive for you? (e.g. Sacred Space, Divine Retreat, Reboot, Realignment)

SELF CONTRACT

In what ways am I committing to support myself throughout this cleanse?
To nourish & love myself? To practice showing up for my highest good? Is there
something nourishing I've been wanting to do for myself that I can do during this
time? Consider these things as you commit to yourself.

I'm committing to...

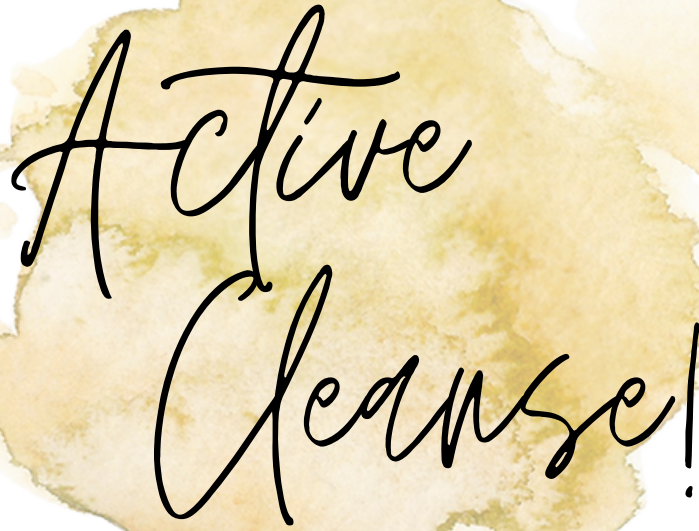


...because I want...

I will recall & uphold this commitment when it's not so easy by...

Sign

Date



Active Cleanse!

If you want to see if you are addicted to something or not, see what happens when you stop using it.

DEEP RE-HYDRATION TRACKER

TOTAL OUNCES: Drink half of your healthiest body weight in ounces each day of room temperature water.

WARM SIPS: Sip warm water every day 10-15 minutes throughout the day.

8oz 8oz 8oz 8oz 8oz 8oz 8oz 8oz 8oz 8oz

Day 1

OBSERVATIONS:

Day 2

OBSERVATIONS:

Day 3

OBSERVATIONS:

Day 4

OBSERVATIONS:

Day 5

OBSERVATIONS:

CRAVING TRACKER

Day 1

01

02

03

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

CRAVING TRACKER

Day 1

04

05

06

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

ACTIVE-CLEANSE

DAY 1

01 What have you learned about yourself today? Physically, mentally, emotionally, or spiritually?

02 Insights or A-has! from today...

03 Is there anything you want to do differently tomorrow?

04 What are you proud of yourself for today?

CRAVING TRACKER

Day 2

01

02

03

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

CRAVING TRACKER

Day 2

04

05

06

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

ACTIVE-CLEANSE

DAY 2

01 What have you learned about yourself today? Physically, mentally, emotionally, or spiritually?

02 Insights or A-has! from today...

03 Is there anything you want to do differently tomorrow?

04 What are you proud of yourself for today?

CRAVING TRACKER

Day 3

01

02

03

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

CRAVING TRACKER

Day 3

01

02

03

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

ACTIVE-CLEANSE

DAY 3

01 What have you learned about yourself today? Physically, mentally, emotionally, or spiritually?

02 Insights or A-has! from today...

03 Is there anything you want to do differently tomorrow?

04 What are you proud of yourself for today?

CRAVING TRACKER

Day 4

01

02

03

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

CRAVING TRACKER

Day 4

04

05

06

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

ACTIVE-CLEANSE

DAY 4

01 What have you learned about yourself today? Physically, mentally, emotionally, or spiritually?

02 Insights or A-has! from today...

03 Is there anything you want to do differently tomorrow?

04 What are you proud of yourself for today?

CRAVING TRACKER

Day 5

01

02

03

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

CRAVING TRACKER

Day 5

04

05

06

CRAVING

TIME +
TRIGGER

ROOT: PHYS,
MENT, EMOT

ACTION
CHOSEN

ACTIVE-CLEANSE

DAY 5

01 What have you learned about yourself today? Physically, mentally, emotionally, or spiritually?

02 Insights or A-has! from today...

03 Is there anything you want to do differently tomorrow?

04 What are you proud of yourself for today?

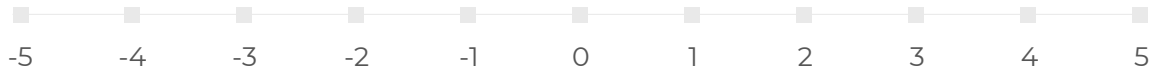


If the day you were born, you were gifted with a vehicle that would be your one and only for your lifetime, how would you care for it?

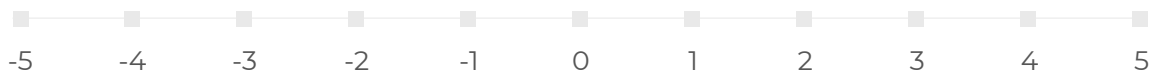
POST-TEST

Rate yourself on the following during the post-cleanse

Discipline



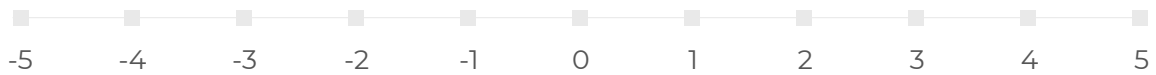
Clarity



Self-Love



Self-Understanding: Physical



Self-Understanding: Mental/Emotional



Total Score:

POST-CLEANSE

Integrate your experience

01 What have I learned about my cravings?

02 What do I notice as I transition in terms of energy, mood, the foods I normally eat, my cravings, my mindset?

03 Is there any aspect of this experience I want to integrate into my daily life?

POST-CLEANSE

Integrate your experience

04 Is there anything from my regular daily life I want to let go of going forward?

05 What is more clear now?

06 What has more space now?

POST-CLEANSE

Integrate your experience

07 What blessings or gifts have I received throughout this time?

08 How do I feel differently at the end of this time than at the beginning?

09 What am I taking away from this experience?

SELF CONTRACT

In what ways am I committing to support myself going forward?
To nourish & love myself? To practice showing up for my highest good?

I'm committing to...




...because I want...

I will recall & uphold this commitment when it's not so easy by...

Sign

Date



LOVE LETTER TO MY BODY, HEART, MIND & SPIRIT

Rooted in the personal strength, wisdom, & clarity you have reconnected with during this time, write some loving words of encouragement & support to yourself. Notice what arises & come back to this letter when needed.

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