

DETOX

VALUES

Q: What are my values?
What is really important to me overall?

BEHAVIORS THAT SUPPORT MY VALUES

Q: What do I do to create a life that supports my values?

TOXIC BEHAVIORS

Q: What behaviors have no positive outcomes?

TOXIC THOUGHTS

Q: What do I think about constantly that DOES NOT FEEL GOOD?

Quit thinking these thoughts!

WHAT'S THE DEAL?