

The 30-day Mind Cleansing Challenge

This challenge is designed to acknowledge what you have dealt with in the past or are currently dealing with in a safe way. Meaning you can feel free to express whatever thoughts you have. The results of this work vary. You may notice the thoughts don't cause as much harm or you don't think about them as much. You may experience less physical pain, and your overall mood could possibly improve. It will only work when you work it continuously. This challenge is designed to be done in the morning, it will take about 13 minutes or less to complete. Repeat each morning for a minimum of 30 days.

Step 1

Read through the entire document before you start each day.

Step 2

Have a loose-leaf piece of paper, pen, and marker in front of you.

Step 3

Set a timer for eight minutes. You can use your smartphone, or type into Google "set a timer for eight minutes," or use an egg timer.

Step 4

You will begin writing of all the things that bother you, upsets you or frustrates you. Any stress in your life, whether good or bad. Begin writing as soon as the timer begins. Don't worry about grammar or spelling or making it neat; simply write until the timer is done.

Step 5

When you're done write over your work with the marker, "I love you, I forgive you, I love you."

Step 6

Set the timer for 2 minutes. Read this statement out loud during that 2 minutes and repeat it until the timer goes off, "I love you, I forgive you, I love you."

Step 7

Rip up the paper and throw it away. Repeat this each morning over the next 30 days.

Notes