

Day 2: Goal Setting

12 Day
Natural
Detox

Goal Setting

Use this space to write down your Big Picture Health Goal. Be sure to describe it in as much detail as possible.

Stepping Stone Goals

For each Stepping Stone Goal, break it down to make sure it is SMART.

Add detail where needed.

Goals			
S (Specific)			
M (Measurable)			
A (Achievable)			
R (Rewarding)			
T (Timely)			

Symptoms and Self-Care

What symptoms, if any, have you experienced so far? On a scale of 1 to 10, (with 10 being unmanageable pain), how bad is each symptom?

Symptom	Rating

For symptoms above a 7, what will you change about your detox in order to alleviate the stress of this process? What easily digestible foods can you substitute?

What extra bits of self-care will you add during this program to nurture yourself through your detox?

Daily Reflections

How do you feel physically after today? What sensations are you experiencing when you tune into your body?

What challenges did you overcome today?

How is your motivation and commitment to accomplishing your health goals in this program? Focus on your accomplishments for the day.

What do you need to focus on for tomorrow to be a success for you within this program?
