

# The Body Love Cleanse

*For Women who Want to Love their  
Bodies Again*

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# The Body Love Cleanse Workbook

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## The Body Love Cleanse Workbook

I am willing to be truthful with myself during this cleanse.

I allow myself to take an honest look at my life and my relationship with my body.

I allow myself to be open to the possibility of transformation.

I acknowledge that this process may be uncomfortable at times.

I enter into it with curiosity, and a willingness to acknowledge whatever comes up.

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### **What is the Body Love Cleanse?**

This is the anti-cleanse. It is the opposite of typical diet-based cleanses where you are told exactly what to eat and drink. You can eat whatever you want while on this cleanse. You can drink whatever you want.

### **It's your body, your life, so you decide.**

The Body Love Cleanse is not a magical elixir that will quickly give you a flat stomach or instantly take away your pain.

It is a series of meditations and exercises that will ask you to acknowledge what is present, listen to your body, and learn how to honor what you hear. In the end, that's going to benefit you much more than a week of having a flat belly.

### **What happens after this cleanse is completely up to you.**

The beauty of life is that we always get to decide. We have infinite choices in front of us in any given moment, even though it often *feels* that we are limited in what we can do. Part of this cleanse is acknowledging the options we have in front of us, and deciding what we want to do with them. I hope to encourage and support you in making choices that honor who you are and how you want to live each day of your life.

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### Pre-Cleanse Survey

Before you start, let's begin with a quick survey to see where you are right now. Mark the answers here or in a journal so you can refer back to them later.

On a scale of 0 -10, how much do you agree with the following?

0 = not at all; 10 = Extremely

I judge my body.

I have high expectations of my body.

I have high expectations of myself.

I feel confident in my body.

I listen to my body.

I know what my body needs in any given moment.

I accept my body just as it is.

I respect my body.

I appreciate my body for what it can do.

I am grateful to my body.

I honor my body's needs.

I love my body.

**Okay, now we know where we're starting. Let's begin!**

## Cleanse Guidelines

This is a 14 day cleanse, in theory. I say, in theory, because you can take as little or as much time as you want to work through it. Everyone is on their own path, and as one of my spiritual teachers once told me, “It would be very boring if everyone was at the same spot in life at the same time.”

### Guided Meditations

There are two meditations that go along with this workbook:

The first meditation will be more like a self-hypnosis meditation, which you can listen to while resting, napping, or before bed. Let your mind wander (or fall asleep) while the words sink in.

The second will be a guided meditation to listen to while in a relaxed state, but awake. This one will allow you to work through that week’s themes, journaling afterwards to process the meditation more clearly. I recommend listening to this meditation at the time of day when you are most awake, so as not to fall asleep. If you do fall asleep, that’s okay too. You can just listen to it again another day.

### Technology Free Day

I have begun taking one day of the week (Saturday) as a day to shut down from the TV and internet. Without that distraction, I find that my Saturdays last longer and feel like a mini-vacation. Now I feel renewed when I wake up on Sundays. I suggest that you pick one day of the week during this cleanse to designate as your Technology Free Day.

If you live with other people, ask them if they would like to try a technology free day with you. You’ll be surprised at how much you find yourself enjoying each other’s company!

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And if they're not interested, that's okay. Remember that everyone is at a different place in their journey, and there's nothing wrong with where someone else is.

### **Workbook**

The first week of the cleanse is focused on cleansing yourself of judgment, expectation, and criticism. In addition to the meditations that week, there will be a number of exercises to explore these themes. The second week is focused on filling your body with acceptance, appreciation, honor, and love. There will be fewer exercises in week 2, and more of an emphasis on taking action based on what you learned the previous week.

Keep a journal to write in during this cleanse, as most of the workbook exercises include writing. Ideally, you'll want to do the exercises in order, as they were planned to be done that way. If you find yourself having trouble doing one, try the following exercise on resistance. If you're still stuck after that, move on, and come back to that exercise later.

### **Resistance**

Resistance is that part of you that says, "not now, I'll do it later." It's the part that loses faith because not believing is sometimes easier than believing. It's the part of you that conveniently forgets to do things, despite writing yourself a note to do them.

I know resistance will come up because it always does. It's your ego trying to protect you, and it is doing it in the only way it knows how. I had a client once who worked through a very difficult issue in a hypnotherapy session. Some things came up that she had never mentioned before, and I knew it was very powerful for her, and also very difficult to face. Over the next month, she started to miss our appointments, and when she did show up, she did everything that she could to avoid starting the session. After a month of this, she asked for a refund and said she was bored.

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What had happened? **Resistance.** Something came up that was deep down and tough, and if she faced it, she might also have to face some other truths in her life.

There will be times during this cleanse that you'll tell yourself you're not ready to go there. There may be something you don't want to face. I do it all the time. I know what I'm doing. I know it's resistance. I still do it. We all do.

Of course, when I finally deal with whatever I'm resisting, I realize it wasn't as bad as I thought. In fact, in most cases, simply letting that resistance go is all I really need, and after that, everything gets better.

**When you find yourself avoiding the exercises, feeling angry about something, or “feeling stuck” – all forms of resistance - here are two exercises you can use to help you to move through that resistance.**

### **Exercise 1: Being still.**

One of the hardest things to do when resistance comes up is to be still. You will find 10,000 things that you *just have to do* right this minute. The idea of standing, sitting or lying still might seem impossible in those moments.

When that happens, take a deep breath and stop wherever you are (obviously not if you're driving or doing something else where you can't stop). Just stop and look around. Notice where you are and what's around you. If you're near a computer, TV, or other technology, move away from it for a few minutes. Take some deep, cleansing breaths, and tell yourself, “Everything's okay,” with every exhale. Allow yourself to stay still and keep breathing slowly until you notice your body calming down. You don't need to figure anything out here, just to remind yourself and your body that you're okay.



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At this point, you can go back to what you were doing, choose to do something else, or continue with the following exercise.

### **Exercise 2: Exploring the Underlying *Why***

The first thing you want to do is get some clarity on *what* it is you're resisting. Is it a specific exercise in this workbook that you don't want to do? Perhaps the Technology Free Day? Or maybe you're feeling a lot of anger and you aren't sure *why*? Maybe you're feeling stuck in general?

If it's something specific that you're resisting, such as not wanting to do the Technology Free Day (or saying you want to do it but can't), then write down the specific action you're avoiding.

If it's more a feeling than something specific – like feeling angry or stuck – then write the feeling down.

**Step 1: On a piece of paper, write down all the possible benefits of taking that action or feeling that way.** For example, if the action was the Technology Free Day (TFD), then a possible benefit might be spending more time being active and less time sitting, resulting in feeling healthier. Now, if the focus was “feeling stuck,” then a possible benefit of feeling stuck might be that I don't have to make any difficult decisions and can keep doing what's comfortable.

**Step 2: Now write down all the possible *downsides* of taking that action or feeling that way.** For example, a possible downside of the TFD would be not getting all my work done on the computer. A possible downside of feeling stuck could be losing faith in my ability to make decisions.

**Step 3: Write down all the possible benefits of NOT taking that action or feeling that**

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**way.** A possible benefit of not taking a TFD could be that I get to watch all my favorite TV shows, which I like to do to relax before bed. A possible benefit of not feeling stuck would be that it would free up my brain to think about things other than lack of clarity.

**Step 4: Write down all the possible downsides of NOT taking that action or feeling that**

**way.** A possible downside of not taking a TFD would be that I don't sleep as well when I've been staring at the glare of the computer screen all day. A possible downside of not feeling stuck is that I might realize I want to make some changes that scare me.

Now you have a good idea of all the reasons why you do or don't want to take that action/feel that way. You can stop here if you feel like you've gotten clarity on which way you want to go. If not, keep going:

**Step 5: Now I want you to imagine completely separating the part of you that wants to take that action/feel that feeling from the part of you that does not want to take that action/feel that feeling.** Imagine putting one part into your right hand and one part into your left hand.

Which part is in your left hand?

Beginning with your left hand, close your eyes and imagine allowing that part of you to tell you whatever it's feeling. If you're having trouble and not hearing anything, imagine telling that part of you that you're listening and ready to honor and respect whatever it tells you. Then just be with whatever comes up.

When that side is done talking, do the same thing with the other part of you.

Continue going back and forth in your mind, allowing the two sides to have a

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conversation until both sides have reached a conclusion that they can both agree on. Write down the final conclusion.

Step 5 of this exercise may be difficult for you. For some people, it's really easy to imagine these two characters talking. For others, it brings up feelings of frustration if they're having a hard time imagining the scene. That's okay. I will say it a lot during this cleanse, and I'll start by saying it now. **Everyone will approach the exercises differently. There is no one way to do this.** Maybe after you make your list of benefits and downsides, you'll want to take a walk while you think about it. Maybe you'll want to journal or make another list. Maybe simply seeing the list will be all you need. Or maybe you'll need to talk it out with someone. If you get really stuck and can't get yourself out of it, consider booking a [hypnotherapy session](#) with me to work through this.

### Week 1:

**Cleanse your body of judgment, expectation, and  
criticism.**

I release myself from judgment.

I create healthy boundaries for myself.

I give my body freedom from expectation, and allow it to just be.

*Take the time to read through the exercises for this week, then come back and go through them one at a time. You can do one a day, take a few days to process in*

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*between each one, or do a couple at a time. There is no timeline, and no right or wrong. This is your first opportunity to let go of judgment, by choosing not to judge how you do this cleanse.*

### **Exercise 1: Exploring Boundaries**

The way I see it, loving yourself essentially comes down to having boundaries.

Boundaries between yourself and others, between yourself and work, between yourself and...yourself.

Ultimately it's about taking a stand for yourself when your inner critic tells you that everyone else is more important than you. It's about saying, "Hey now, I exist too, and it's okay to take care of myself."

These next two weeks are a perfect time to start exploring your boundaries.

Let's start by getting a big piece of paper and writing your name in the middle. Draw a large circle around your name, with enough space to write inside and outside of the circle.

Now, I want you to think about who you are separate from your family, friends, job, what society tells you. Who are you at your very core, the person you were born to be?

Write down everything that comes to mind inside the circle. We're going to call that your Core Sense of Self. It is that divine spark within you that makes you special in a way that no one else on this planet is.

Outside the circle, I want you to write down who you are according to your family, friends, job, and society. I also want you to include your own judgments of yourself there. (For example, if you ever tell yourself that you're fat or lazy, that goes outside the

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circle.) We'll call that your Outer Perception of Self. These are perceptions of who you are at any given point in your life, and they can change over time.

The circle is your boundary. The ultimate goal is to create healthy boundaries so that your Core Sense of Self is just as strong as – or stronger than – your Outer Perception of Self.

This exercise is something you can build on throughout the week as more ideas come to you. You might find that when you start, it's easy to think of who you are according to others, but knowing who you are separate from them is difficult. Trying to find words for your Core Sense of Self might even feel impossible right now. That's completely normal. As the week goes on, keep this paper in a place where you can easily jot down ideas. You'll find that throughout the week, perhaps during a meditation or exercise, thoughts and words will come to you that help remind you of who you are at the core.

### **Exercise 2: Technology Free Day**

Pick one day of the week to designate "technology free." On that day, turn off your computer and TV. If you need your cell phone to stay in touch, that's okay, but don't use the internet if you have a smart phone.\*

Do whatever you want on that day. Notice if it's easy or difficult for you to be away from technology.

Notice how you feel when you start using technology again after that day. Just be aware of how TV and internet affect your Core Sense of Self, that part of you inside your boundary circle.

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\*I also recommend making this a magazine and catalog free day. Most magazines and catalogs are filled with photoshopped images of women that are designed to make us feel unworthy (and then want to purchase products to feel better). Do your best to stay away from them for this day, and just be aware of how you feel about your body if you're browsing through them on another day.

### **Exercise 3: The Truth Letter**

This is the first letter I'm going to ask you to write to your body, but it won't be the last. I want you and your body to really get to know each other again, and that starts by just talking and acknowledging where you're at right now. This is a truth letter. I want you to tell your body why you decided to do this cleanse, and how you feel about it. Please allow yourself to be totally honest, *without judging your feelings*. All feelings deserve to be acknowledged. A lot of pain comes from denying or trying to push down feelings, not from the feeling itself.

### **Exercise 4: Thou Shalt Not "Should" On Thyself**

Many of the judgments we place on ourselves are not really ours, but come from family and friends around us, and the society that we live in. As we internalize those judgments, they become a burden on us, like a physical weight holding our bodies down.

For this exercise, write down all the judgments you have about your body and how it should work or look. These are all the "shoulds" you tell yourself, consciously or unconsciously. For example, I should be in better shape. I should have a flatter stomach. I shouldn't get headaches so often.

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Once you've written down all the judgments you can think of, I want you to go back and counter those judgments. Write down all the reasons why you can let those judgments go and just move on. Tap into your inner fairy angel, that part of you that knows how to stand up for yourself. You might imagine you're talking to a cherished friend who needs a reminder of her own worth.

### **Exercise 5: Meditation (Releasing Judgment and Shame)**

Find a quiet spot to sit or lie down. Get nice and comfortable and listen to the week 1 workbook meditation. Afterwards, write down what you noticed in your meditation and any ideas or wisdom that came to you.

### **Exercise 6: Listening to Your Body**

This exercise can be done all at once, or split up into the upper and lower halves of your body. It allows you to relax while also getting concrete action steps to take in caring properly for your body. And by "properly," I mean whatever is right for you, not what others tell you.

You can do this exercise sitting, lying down, or walking. If you're having trouble relaxing, walking might be the best option for you.

Take three deep breaths to ground yourself. Imagine letting go of tension on every exhale. Then focus on individual parts of your body, starting at your toes, and moving all the way up until you reach your hips (if you're just doing one part of your body today) or all the way through your head (if you're doing the whole body). First, focus on your feet, allowing yourself to breathe as you "listen" to them. Ask them what they need and what would make them feel healthy. Continue to breathe as you focus, just listening until you



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feel like you've gotten all the information you can from them. Move into your ankles, then up your legs, and so on. I urge you to include all parts of your body, including your sex organs, heart, lungs, etc. These are areas that often go ignored, and you might find that they have a lot to tell you.

Write down what each part of your body had to tell you. If you got any clear actions to take, write those down. We'll be using this list next week.

### **Exercise 7: Listening to Your Symptoms:**

Exercise 7 is a technique that's helpful in dealing with physical symptoms (like shoulder pain) and emotions (such as anger or sadness). You'll get more comfortable with this technique the more you use it, so don't worry if it feels stiff or you can't fully get into it the first time.

Find a quiet spot to rest, take three deep breaths to ground yourself, and imagine releasing tension on every exhale. Think about a difficult emotion you've been experiencing (i.e. anger) or focus on a physical problem (i.e. back pain). Concentrate on where in your body you can feel that emotion or problem. Imagine what that emotion or symptom would look like if it was an object. What color would it be? Shape? Texture?

Imagine taking that object out of your body and holding it in your hands. If it had a consciousness and could talk to you, like a cartoon character, what would it say? Hold a conversation with it and see what you can learn. Ask it if there's anything you can do to help it so that it won't cause *you* so much difficulty. Ask it what it needs from you in order to move on. Continue until the conversation comes to a natural conclusion.

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Bring your focus back to the place in your body that you felt the symptom or emotion. Notice how it feels and if there are any changes from before you started the exercise. Take a few refreshing breaths and come back to the present moment.

Take the time to write in your journal, describing what symptom or emotion you were focusing on, where it was in your body, what it looked like, and what you learned in the conversation. Were there any actions you felt like you needed to take?

### Exercise 8: Dance Party

Let's finish off today with a dance party, just to remind you that you can have FUN with your body.

Find 20 minutes of alone time, put on your favorite dance music (or make a dance station on pandora), and listen to your body. Don't think about whether you look silly (you probably do) and what anyone would think (no one's watching). Just dance your heart out!

*Caution:* Go at your own pace. You know your body best, so if 20 minutes of intense dancing will wipe you out, try a more mellow station. You can bounce around to Rihanna or sway to Frank Sinatra. The only rule is not to censor yourself.

**Reader Experience:** *I'm really loving this dance thing, more than I expected! It's been a bit shorter than 20 minutes (I have some serious health restrictions right now) and it's sometimes more stretching to music than dancing, but going with a variety of music is inspiring my body to move in different planes of motion than I would just stretching normally. And my body is LOVING it as a midday break from the computer, dancing and showering to warm my joints up. I was hesitant at first and now am really digging it!! And I slept SO WELL last night! -Jacqueline, New York*

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Now that you've finished week 1, what have you noticed about yourself? Can you sense any shifts in your thinking or feeling? Are there any actions that you want to take going forward? Give yourself a day or two to process before moving on to the week 2 exercises.

### **Week 2:**

**Fill your body with acceptance, appreciation, honor, and love.**

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I accept that my body is exactly what it needs to be right now.

I appreciate what my body is capable of doing.

I honor my body through my actions.

I choose to love my body because I can.

*There are a few exercises in week 2, but most of the week will be self-directed. Exercise 3 asks you to create some of your own goals, and you will be focusing on that for most of the week.*

### **Exercise 1: Meditation (Accepting Love)**

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Let's start this week off by listening to the meditation. Write down your experience afterward, and any wisdom you received.

### **Exercise 2: Technology Free Day**

This is the same as last week. Continue to take a day off from technology this week.

### **Exercise 3: Creating a SMART Goal**

Review your journal from week 1, and write down a list of any actions you need to take. For instance, in exercise 6 (listening to your body), you may have written down specific actions for individual parts of your body. If there were any other actions you wrote down throughout the week, add them to your list here. This is a list of action steps you can take that will help you to honor your body.

**When you begin to honor your body through loving actions, you'll find that the actual feeling of loving your body begins to follow the action.**

Of course, we often feel we *know* what to do to take better care of our bodies, but that it is difficult to find the time and energy to follow through.

This is where boundaries come into play, and we're going to use SMART goals to help us create those boundaries and follow through on actions.

Your action list may be long or short. I personally always have a mile long list of things I should be doing for my body. Looking at the whole list can be overwhelming, so this week I just want you to pick one item on that list.

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Now, we're going to use that one item to create a SMART goal for this week. SMART goals are:

*Specific*

*Measurable*

*Achievable*

*Realistic*

*Time-Bound*

Let me give you a couple examples.

**Example 1:** Do pilates more often to strengthen my core so that my back hurts less.

My goal could be to do pilates every day this week, but that's not a complete SMART goal. It is measurable, achievable, and time-bound (I'll do it for one week). However, it is not specific (how many minutes will I do it each day?), and it's not at all realistic. It's *possible* for me to go from no pilates to pilates every day, but it's *very unlikely* that I'll follow through. In fact, knowing how much I don't want to do pilates, it's really unlikely I'll do it more than once or twice a week.

Okay, so let's turn this into a SMART goal. When you're doing this, go really easy on yourself. Make it an extremely realistic goal so that you WILL succeed.

Here's my SMART pilates goal: I will do 20 minutes of pilates on Wednesday and Friday morning this week. This is specific, measurable, achievable, realistic, and time-bound. I know that Wednesday and Friday are not busy this week. I know that it is best for me to do pilates in the morning before I eat. I know that if I try to do more than 20 minutes, I'll avoid doing it. So 20 minutes, twice this week? That's realistic.

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**Example 2:** Spend less time in front of the computer, thereby reducing neck and back tension.

Not so SMART goal: I will turn the computer off every night at 6pm. What makes this goal not SMART? It's not realistic. I have tried this in the past, and I know that after about two days, I always go back to keeping the computer on at night.

Let's think of a goal that I'll actually follow through on.

SMART Goal: I will go for a 2 hour walk at the park on Thursday morning. If it's raining, I will use that time to go thrift store shopping, which is something I enjoy and will follow through on.

Okay, so this goal is specific, and includes a backup in case of rain. It's measurable, achievable, and realistic for me. It's time-bound (this week on Thursday). And while it does not directly address sitting in front of the computer, it gets me out of the house and moving for 2 hours, which indirectly gets me away from the computer.

Got the idea?

Okay, so I want you to create one SMART goal for this week. There will not be many other exercises this week because I want you to focus on your goal, which is specific to you.

After this week is over, you can go back and review your SMART goal. Were you able to achieve it? If so, what goal can you create for the next week? If not, what made it difficult for you? How can you tweak the goal to make it achievable? Think of this as an experiment, where every result is just information for your study. If something worked, note it down. If it didn't work, note that down too, and consider how to change it.

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The last two exercises can be done this week, but ideally, I would like you to spend about a month creating SMART goals for yourself. Each goal should have the ultimate purpose of honoring your body and showing it – through action – that you appreciate and love it. The more you honor your body, the more you will find your feelings shifting into a loving space. Once you have begun to notice that shift, come back and do the last two exercises.

### **Exercise 4: Work of Art**

Imagine yourself as a great artist, creating your masterpiece. Your body is your muse, and you are creating a piece of art that will stand as a tribute to everything your body has ever done for you. You can draw, paint, sculpt, or turn this art into anything else that feels fun to you. You can be literal or make it more like abstract art. Pretend you're a child who has no idea that art "should look like" anything specific (because it doesn't have to).

### **Exercise 5: Letter of Appreciation**

Our final exercise is to write a letter to your body, telling it everything that you love and appreciate about it. Use this letter to let go of your expectations of what your body should be, and simply write down your appreciation for what your body is right now.

*This is the end, but of course it's just the beginning. You have begun to shift your relationship with your body, and this is a relationship that will continue to shift and evolve for the rest of your life. Make a decision now to love and accept your body as you grow together. Make a choice to honor your body daily so that it can take care of you.*



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*Believe that you have the ability to shift any negative self-talk into positive action and love.*

### **Post-Cleanse Survey**

To end the cleanse, let's finish the way we started. Fill out the following survey and compare it to your answers at the beginning. What can you take away from this experience?

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On a scale of 0 -10, how much do you agree with the following?

0 = not at all; 10 = Extremely

I judge my body.

I have high expectations of my body.

I have high expectations of myself.

I feel confident in my body.

I listen to my body.

I know what my body needs in any given moment.

I accept my body just as it is.

I respect my body.

I appreciate my body for what it can do.

I am grateful to my body.

I honor my body's needs.

I love my body.

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**I choose to honor my body through my actions.**  
**I choose to show my body love, in big ways and small.**  
**I choose to love.**