



Detox & Bloom

Premium Workbook

A 30-day guided workbook for detoxing from toxic connections, healing, self-reflection, and self-love.

This workbook is your space
to reflect, release, and bloom
into your most authentic self.

A guided journey for healing, self-reflection, and self-love.



www.sips.media

Cylla Kavanaugh

Detox & Bloom Premium Workbook

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A 30-day guided workbook for detoxing from toxic connections, healing, self-reflection, and self-love.

Welcome to Your Workbook

This workbook is your space to reflect, release, and bloom
into your most authentic self.

Name:

Date Started:



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Welcome & How to Use

Welcome to your journey of detoxing from harmful connections and blooming into the most authentic, empowered version of yourself. This workbook was created to support you in releasing what no longer serves you and nurturing the beautiful, powerful soul you are becoming.

About This Workbook

This 30-day guided system combines daily prompts, reflection exercises, and a supportive journal space to help you detox from toxic patterns, set healthy boundaries, and cultivate deep self-love. Each day builds upon the last, creating a path toward lasting transformation.

How This Workbook Works



Daily Prompts: Each day includes thoughtful prompts to help you reflect, release, and realign.



Journaling Space: Use the provided space to write freely, process your thoughts, and celebrate your progress.



Reflection & Growth: Track your insights, breakthroughs, and shifts as you move through your 30-day journey.



Self-Love in Action: Each day encourages small, meaningful actions that nourish your mind, body, and spirit.



Be patient and gentle with yourself.
You are worthy of peace, love, and beautiful connections.

Let's begin.

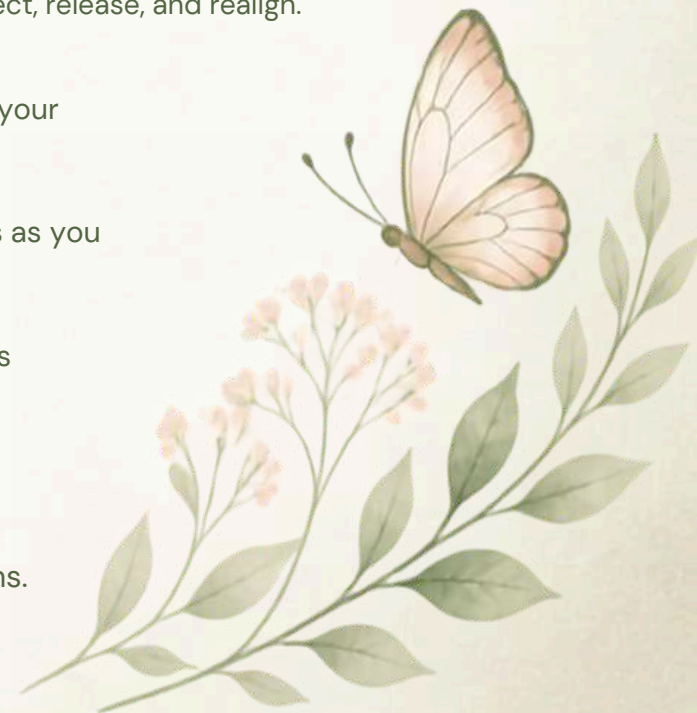




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Signs Checklist

Use this list to gently recognize patterns that may be affecting your well-being.
There is no rush—awareness is a powerful first step.



- ☐ **Chronic Criticism** Notes: _____
- ☐ **Gaslighting** Notes: _____
- ☐ **Energy Drain** Notes: _____
- ☐ **Boundary Violations** Notes: _____
- ☐ **Hot-and-Cold Patterns** Notes: _____
- ☐ **Isolation** Notes: _____
- ☐ **Walking on Eggshells** Notes: _____
- ☐ **Feeling Dismissed** Notes: _____
- ☐ **Loss of Self-Trust** Notes: _____

ADD YOUR OWN

- ☐ _____ Notes: _____
- Notes: _____
- Notes: _____

Energy Audit



What RESTORES Me

The people, places, habits, and routines that nourish and recharge me.

RATE HOW MUCH ENERGY THIS GIVES (+) OR TAKES (-)

Low 1 2 3 4 5 6 7 8 9 10 High



People



Conversations



Places



Habits



Routines



What DRAINS Me

The people, places, habits, and routines that deplete or overwhelm me.

RATE HOW MUCH ENERGY THIS GIVES (+) OR TAKES (-)

Low 1 2 3 4 5 6 7 8 9 10 High

People

Conversations

Places

Habits

Routines

PATTERNS I'M NOTICE

What stands out? What do I want more of?

What do I want less of? What small shift can

I make this week to support my energy?

I'm allowed to choose what feels good for me.

Connection Inventory

Our connections shape our well-being. This inventory helps you gently explore the people and patterns in your life so you can honor what nourishes you and set loving boundaries where needed.

NAME	PATTERN	ENERGY IMPACT	FEELING AFTER	BOUNDARY NEEDED
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				



REFLECTION PAUSE

What do you notice about your connections?
 What patterns feel heavy, and which feel nourishing?
 What is one loving boundary you can honor this week?



You are allowed to choose what feels safe, supportive, and true for you.

PART 1 - AWARENESS

Deep Dive Worksheet

Take a gentle pause to explore with honesty and compassion. There are no wrong answers here. You are simply meeting yourself with kindness.



What happened in this connection or pattern?

.....



What do I notice about how I feel before, during, and after?

.....



What pattern keeps repeating?

.....



What do I need to see clearly now?

.....



What boundary or choice would protect my peace?



SPACE FOR REFLECTION



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.....



You are allowed to grow at your own pace.



Cost vs Freedom

What am I holding onto, and what might open if I let it go?

WHAT STAYING COSTS ME

WHAT RELEASING COULD FREE UP

Working with Anger

Anger is a natural signal. When we slow down and listen, it can guide us back to our needs, our truth, and our power.

1

Where do I feel anger
in my body?

2

What is my anger
trying to protect?

3

What does this anger
want me to know?

Body Map

Use the space below to note
where you feel sensations,
tension, heat, or movement.



Gentle Reminder: All feelings are welcome here. There is no right or wrong way to feel. You are doing meaningful work, and that is enough.



Working with Grief

Grief is a natural response to loss. There is no timeline or “right” way.
You are allowed to feel, to release, and to heal at your own pace.



1



What losses, disappointments, or unmet hopes am I grieving?

2



What do I wish had been different?

3



How can I make space for sadness with kindness?



BODY AWARENESS



*Grief often lives in the body.
As you write, pause and check in
with yourself.*



*Where do I feel emotions in
my body right now?*

*What does my body need
most in this moment?*

*Can I offer myself compassion
exactly as I am?*



You are not too much. Your feelings are valid. You are worthy of gentle care.



PART 2 – PROCESSING & RELEASING

Working with Guilt & Shame



What guilt or shame am I carrying?



What would compassion sound like right now?



How can I speak to myself with more kindness?

♥ You are not your past. You are allowed to heal.



REFLECTION



Let your thoughts, feelings, and truths flow freely here.



Affirming Self-Talk



Choose grounding phrases that support you. Add your own.

I am learning and growing.



I am allowed to make mistakes.



I treat myself with compassion.



I release what no longer serves me.



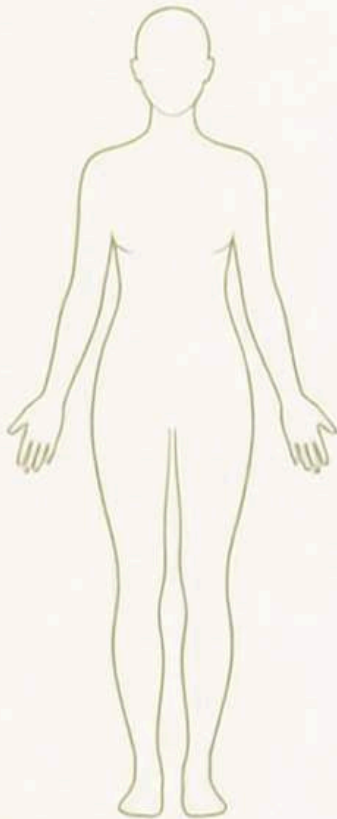
I am worthy of love and peace.



Body Awareness & Where Emotions Live

Your body holds wisdom. By tuning in gently, we build safety, connection, and trust from the inside out.

- 1 Scan your body from head to toe.



♥ Breathe. Notice. Be curious.
There's no "right" way.

- 2 Where do different emotions live in your body?

Write or draw where you notice each emotion in your body.



- 3 What sensations are asking for attention?

Notice what's present with kindness and write any observations here.



You are allowed to take up space in your own body.

This letter is for your eyes only.

Date: _____



Letter to Past Self

What do I want my past self to know now?
What comfort, truth, or compassion can I offer?

Date: _____

Dear Past Me,

With love and compassion, _____



Gentle Reminder:

You did the best you could with what you knew then.
You are allowed to offer yourself the love you needed.

Gratitude for Lessons

Even in the hard, there is wisdom. This practice helps you honor the lessons, strength, and growth that emerged—so you can move forward with compassion and a more open heart.



1. What lessons did this experience teach me?



2. What strengths did I build through it?



3. What am I grateful for, even if it was difficult?



Symbolic Release Rituals

These gentle rituals can help you externalize what no longer serves you and create space for what you're choosing to cultivate. Choose the practice(s) that feel right for you today.

CHOOSE A RITUAL THAT FEELS MEANINGFUL AND SAFE:



1. WRITE & TEAR UP A PAGE

Write down what you're ready to release. When you're ready, tear it into small pieces as a symbol of letting go.



2. WRITE & SAFELY BURN PAPER

Write what you're releasing. If it feels safe and appropriate, burn the paper in a heat-safe container. Always prioritize your safety. *(Never leave a flame unattended.)*



3. VISUALIZATION OF RELEASING

Close your eyes and imagine what you're releasing leaving your body or surrounding you with light. See it drift away.



4. FOLD & SEAL A NOTE

Write what you're releasing, fold it with care, and seal it in an envelope or box. Store it, or release it when the time feels right.



5. GROUNDING BREATH AFTERWARD

Take a few slow, deep breaths. Feel your feet on the ground. Remind yourself:
I am safe. I am here. I choose peace.

MY REFLECTION

What did you release? How do you feel now?



Remember: This ritual is about YOU.
It should feel meaningful, safe, and supportive.



Identity Reclamation

You are not who you had to become to survive.
You are who you get to become now.



What parts of me did I dim or set aside?



Which traits, interests, or dreams want to be reclaimed?



Who am I becoming as I release what no longer fits?

JOURNAL FREELY

Use this space to explore, remember, release,
and reimagine who you truly are.

QUALITIES I AM RECLAIMING

☐
☐
☐
☐
☐

☐
☐
☐
☐
☐

☐
☐
☐
☐
☐



I am worthy of reclaiming
every part of me.

I choose me.



Boundary Blueprint

Healthy boundaries protect my peace, honor my needs, and create space for connection that feels safe and respectful.



WHAT HEALTHY BOUNDARIES MEAN TO ME

What does having healthy boundaries look and feel like for me?



MY CLEAR BOUNDARIES



List 3–5 boundaries that support my well-being.

- 1

- 2

- 3

- 4

- 5



HOW I WILL COMMUNICATE AND PROTECT THEM

COMMUNICATION EXAMPLES

What I can say to express my boundaries with clarity and kindness:

PROTECTION STRATEGIES

How I will protect my boundaries and honor my limits:

☐	
☐	
☐	
☐	
☐	



GENTLE REMINDER

Boundaries are acts of self-love. I am allowed to have needs, take up space, and choose what is right for me—without guilt.



Today, I choose to honor my peace by:

My Intention for This Journey



Why am I starting this detox journey right now?
What do I hope to release, gain, or feel by the end?



One word that describes how I want to feel after this process: _____



I am ready to create space for: _____





Part 1 – Awareness

Awareness is the first step toward transformation. When we can name what's happening, we begin to take our power back. The behaviors below may show up slowly or all at once. You deserve clarity, safety, and relationships that feel good.



CHRONIC CRITICISM

Frequent belittling, blaming, or shaming that makes you doubt your worth.



GASLIGHTING

When your reality is questioned or denied, causing you to second-guess yourself.



ENERGY DRAIN

Interactions that leave you feeling depleted, anxious, or emotionally exhausted.



BOUNDARY VIOLATIONS

Your limits are ignored, dismissed, or repeatedly crossed without respect.



HOT-AND-COLD PATTERNS

Cycles of intense affection followed by withdrawal or indifference.



ISOLATION

Being cut off from supportive people, opportunities, or your sense of self.



Affirmations

🌿 I am worthy of respectful, nourishing relationships.

🌿 My needs matter.

🌿 I can choose what protects my peace.

🌿 I trust myself more each day.

🌿 I deserve consistency, safety, and care.

My Own Affirmations

Self-Love Practices

- ☐ Rest
- ☐ Hydration
- ☐ Movement
- ☐ Journaling
- ☐ Time in nature
- ☐ Limiting contact
- ☐ Asking for support
- ☐ Breathwork
- ☐ Creative expression
- ☐ Gentle routines



My Top 2-3 Practices This Week



- ① _____
- ② _____
- ③ _____



30-Day Challenge Overview

This 30-day journey is an invitation to come home to yourself—gently, daily, and intentionally. Each day offers a simple focus, a doable action, space to reflect, and a self-love practice to help you detox, bloom, and reconnect from within.



GENTLE GUIDELINES: This is a flexible practice, not about perfection. Show up in the way you can, and trust that even small steps create meaningful change.



Daily Focus

Each day has a gentle theme to guide your mindset and intention.



Micro-Action

A small, supportive step you can take—designed to fit into real life.



Reflection

Space to pause, process, and listen to your inner wisdom.



Self-Love Practice

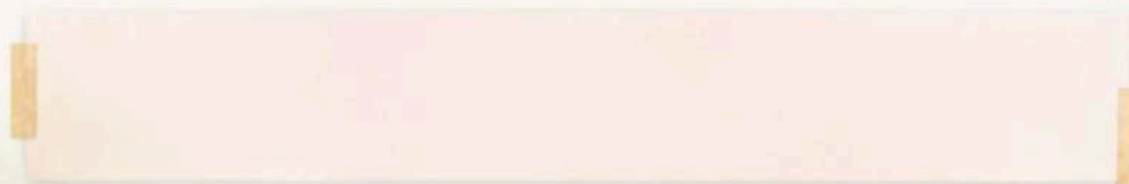
A nurturing practice to help you reconnect and honor yourself.

Be kind. Be patient. Be proud of showing up for you.
You are blooming, one mindful day at a time.

30-Day Tracker Grid



DAY	COMPLETION	ENERGY (1-10)	CONSISTENCY	DAY	COMPLETION	ENERGY (1-10)	CONSISTENCY
Day 1	☐	1 2 3 4 5	6 7 8	9 10	☐		☐ ☐ ☐
Day 2	☐	1 2 3 4 5	6 7 8	9 10	☐		☐ ☐ ☐
Day 3	☐	1 2 3 4 5	6 7 8	9 10	☐		☐ ☐ ☐
Day 4	☐	1 2 3	☐ ☐ ☐	Day 19	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 5	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 20	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 6	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 21	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 7	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 22	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 8	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 23	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 9	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 24	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 10	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 25	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 11	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 26	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 12	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 27	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 13	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 28	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 14	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 29	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐
Day 15	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐	Day 30	☐	1 2 3 4 5 6 7 8 9 10	☐ ☐ ☐



Setting Your Intention



What brought me to this workbook today? What am I ready to explore about my connections and myself?



Write your main intention for the next 30 days.

DATE:

CURRENT ENERGY LEVEL (1-10):

1 2 3 4 5 6 7 8 9 10

MOOD:



TODAY'S FOCUS MICRO-ACTION:



REFLECTION PROMPT:



WHAT I RELEASED/NOTICED CHOSE DIFFERENTLY TODAY:



GRATITUDE OR SMALL WIN:



ONE WAY I PRACTICED SELF-LOVE OR SELF-RESPECT TODAY:



NOTES OBSERVATIONS:

Day 2: Recognizing Signs of Harmful Connections

Which signs from the checklist have I noticed in my life? How do they affect me?



MICO-ACTION: Review and check off signs you recognize.

CHECKLIST: SIGNS OF HARMFUL CONNECTIONS

- ☐ I feel drained or exhausted after interacting with them.
- ☐ I often feel anxious, on edge, or unsettled around them.
- ☐ They dismiss, belittle, or invalidate my feelings.
- ☐ I walk on eggshells to avoid conflict or criticism.
- ☐ They manipulate, guilt-trip, or pressure me.
- ☐ I feel like I'm losing sight of who I am.
- ☐ They take more than they give.
- ☐ I don't feel safe being fully myself.
- ☐ I feel responsible for their emotions.
- ☐ I feel relief when I'm away from them.

SIGNS I'VE NOTICED IN MY LIFE

HOW THESE SIGNS AFFECT ME

TODAY'S ENERGY (1-10)

1 2 3 4 5 6 7 8 9 10

Very Low Very High

TODAY'S MOOD

REFLECTION

Awareness is the first step toward change.
You are not too sensitive. You are becoming clear.

DAY 3:

Starting Your Connection Inventory

List the main people or patterns in your life right now and rate their energy impact.



MICRO-ACTION: Fill in at least 5 entries in your inventory.

1.	WHO OR WHAT: _____	ENERGY IMPACT: -1 0 +1 +2
2.	WHO OR WHAT: _____	ENERGY IMPACT: -1 0 +1 +2
3.	WHO OR WHAT: _____	ENERGY IMPACT: -1 0 +1 +2
4.	WHO OR WHAT: _____	ENERGY IMPACT: -1 0 +1 +2
5.	WHO OR WHAT: _____	ENERGY IMPACT: -1 0 +1 +2

-2 = Drains me

-1 = Somewhat draining

0 = Neutral

+1 = Uplifting

+2 = Deeply nourishing

Day 4

Continuing Inventory & Patterns



PROMPT:

What repeating patterns am I noticing across multiple connections?



MICRO-ACTION:

Add more entries and highlight common themes.



REFLECTION & INVENTORY

Use this space to continue your inventory. Add new observations, connections, and patterns you're noticing.

Lined area for reflection and inventory notes.



TODAY'S REMINDER:

Awareness creates choice. Clarity creates freedom. I am becoming more intentional every day.

Energy Audit – What Nourishes vs Drains

Where is my energy going? What activities or people consistently drain or restore me?

MICRO-ACTION: Complete a full energy audit.



DRAINING MY ENERGY

List the activities, people, habits, or obligations that leave me feeling depleted or drained.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



NOURISHING MY ENERGY

List the activities, people, habits, or environments that uplift, energize, and restore me.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



INSIGHTS & TAKEAWAYS

What patterns do I notice?
What changes or boundaries
can I create to protect and
prioritize my energy?



I choose to invest my energy in what truly nourishes me.



Deep Dive on One Key Connection



PROMPT: Choose one significant connection and explore its full impact using the Deep Dive questions.



MICRO-ACTION: Complete one full Deep Dive worksheet.



This is your space to be honest, curious, and kind with yourself.



1. THE CONNECTION

Who is this connection with?

How would you describe this connection in a few words?



2. THE IMPACT

How has this connection positively impacted your life?



3. THE DISRUPTION

How has this connection caused stress, harm, or misalignment?



4. THE INSIGHT

What patterns or truths are you noticing about this connection?



5. THE NEXT STEP

What is one aligned action you can take to support more clarity, boundaries, or healing in this connection?



Clarity creates choice. Choice creates freedom. Freedom creates peace.





DAY 7

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Weekly Awareness Reflection

What have I learned about my connections and energy this week? What surprised me?



MY BIGGEST INSIGHTS THIS WEEK

Handwriting practice lines for the 'MY BIGGEST INSIGHTS THIS WEEK' section.

WHAT SURPRISED ME

Handwriting practice lines for the 'WHAT SURPRISED ME' section.



MICRO-ACTION

Review your inventory and notes.



Awareness is the first step to intentional change.



Naming & Feeling Emotions



PROMPT:

What emotions are coming up as I look at my connections? Name them without judgment.



MICRO-ACTION:

Journal freely about current feelings.

Working with Anger & Frustration



PROMPT:

Where do I feel anger or frustration in my body? What is it trying to tell me?



MICRO-ACTION:

Write a short anger release paragraph.

Feel it. Name it. Release it. You are allowed to let it move through you.

DAY 10

Exploring Grief & Sadness



What losses or disappointments am I
grieving in relation to these connections?

A large, light-colored rectangular box with rounded corners, containing several horizontal dashed lines for writing. The box is positioned in the center of the page, below the question text.

Micro-Action

Allow space for sadness in your writing.

DAY 11

Releasing Guilt & Shame with Compassion



PROMPT:

What guilt or shame am I carrying? How can I speak to myself with more kindness?

A large white rectangular area with horizontal lines for writing. A pink polka-dot sticker is attached to the top left corner of the area.

MICRO-ACTION:

Write a compassionate response to yourself.

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**DAY 12**

DATE: _____

CURRENT ENERGY LEVEL (1-10):

1 2 3 4 5 6 7 8 9 10

MOOD:



Body Awareness & Where Emotions Live

**REFLECTION PROMPT**

Scan your body. Where do different emotions about your connections live?

**MICRO-ACTION**

Do a short body scan and note sensations.

TODAY'S FOCUS / MICRO-ACTION

WHAT I RELEASED/NOTICED/CHOSE DIFFERENTLY TODAY

GRATITUDE OR SMALL WIN

ONE WAY I PRACTICED SELF-LOVE OR SELF-RESPECT TODAY

NOTES / OBSERVATIONS

Cost of Staying vs Freedom of Releasing



*What is staying costing me right now?
What could releasing open up?*

THE COST OF STAYING

THE FREEDOM OF RELEASING

VS.



Complete the Cost vs Freedom comparison.

TODAY I CHOOSE TO RELEASE: 🌿

ENERGY CHECK-IN 🌿

TODAY I'M GRATEFUL FOR: 🌿

My energy level today:



Low



High



Mid-Challenge Check-In

Take a pause to reflect, honor your progress,
and realign with your intentions.

PART 4

DAY
14



How am I feeling halfway through Week 2?
What shifts have I noticed?



MICRO-ACTION

Review previous days and
celebrate progress.

TODAY I WILL...

☐

.....

☐

.....

☐

.....



WHAT I'M PROUD OF SO FAR

TODAY I FEEL...



GRATEFUL



ENALYZED



CALM



MOTIVATED



GROUNDED

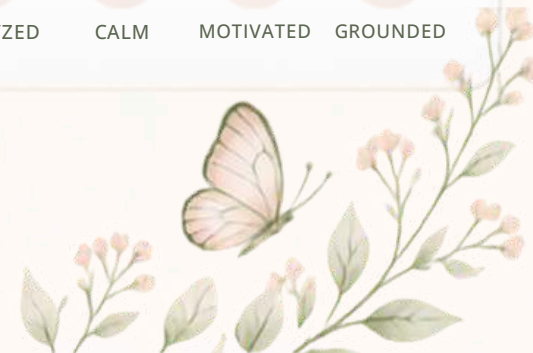


GENTLE REMINDER

*Small steps create lasting change.
You're doing better than you think.*



*"Progress isn't always loud.
Sometimes it's just choosing
yourself again and again."*





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→→→ PART 4 - 30-DAY CHALLENGE ←←←



Writing Your Unsent Release Letter

Write what you need to say to release
this connection or pattern (you will not send it).



MICO-ACTION: Complete your Unsent Release Letter.

Dear _____,

Date: _____

Mood Today:



Reflection:

Release with intention. Create space for what you're ready to welcome in.

Symbolic Release Rituals

TODAY'S INTENTION

I release what no longer serves me through symbolic, intentional action and make space for growth and renewal.

TODAY I CHOOSE TO LET GO OF:

What symbolic action feels meaningful for releasing (writing, visualization, etc.)?

MICRO-ACTION FOR TODAY

Choose and note one ritual you will try.

REFLECTION

How did this ritual make you feel?
What shifted as a result?

INTEGRATION PROMPT

What would it feel like to fully release this and step into the space it creates?



More Release Practices

TODAY'S INTENTION

I continue to release what no longer serves me, creating space for deeper freedom and self-love.

MICRO-ACTION

Identify and begin releasing one additional thing.

I AM CHOOSING TO...

TODAY'S REFLECTION PROMPT

What else do I need to release beyond the main connection?

REFLECTION & RELEASE JOURNAL

What came up for me today as I explored other areas that may need release?



WHAT I'M READY TO RELEASE:



HOW HOLDING ON HAS AFFECTED ME:



HOW I CHOOSE TO MOVE FORWARD:



I release with love, make space for healing, and welcome in what is meant for me.

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Clarifying Your Boundaries



What healthy boundaries do I want
in my connections? Be specific.



MY BOUNDARY STATEMENTS

- 1
- 2
- 3
- 4
- 5

MICRO-ACTION 

List 3-5 clear boundaries.

DATE 

.....

MOOD 

GRATITUDE

Practicing Boundary Setting

Healthy boundaries are an act of self-love.
They protect your peace and honor your worth.

TODAY'S INTENTION

I choose to honor
my needs and
communicate with
clarity and respect.

TODAY'S REFLECTION

“ How will I communicate one important boundary?
Practice the words.

MICRO-ACTION



Role-play or write out
the conversation.

TODAY I WILL BE KIND TO MYSELF BY:

HOW DID I HONOR MY BOUNDARIES TODAY?

WHAT DID I NOTICE?

WHAT AM I PROUD OF?





Protecting Your Energy & Boundaries



What support or strategies will help me hold my boundaries?

TODAY'S INTENTION

What is my intention for today?

♥ MICRO-ACTION



Identify one support system or self-care tool.

BOUNDARY AFFIRMATION

I honor my energy by setting loving boundaries that support my well-being.



REFLECTION

Where in my life do I need stronger boundaries?

What could happen if I continue to ignore my boundaries?

JOURNAL SPACE

Use this space to explore your thoughts, feelings, and any insights that arise.



TODAY I CHOOSE TO...





Weekly Release & Boundary Review



 THIS WEEK, I FOCUSED ON...

- _____
- _____
- _____
- _____
- _____

 I'M PROUD OF...

- ♥ _____
- ♥ _____
- ♥ _____

What releases and boundaries have I practiced this week? How do I feel?



WEEKLY REFLECTION

 WHAT I RELEASED

- _____
- _____
- _____
- _____
- _____

 BOUNDARIES I HONORED

- _____
- _____
- _____
- _____
- _____

 HOW I FEEL NOW

- _____
- _____
- _____
- _____
- _____


MICRO-ACTION

Review and adjust as needed.

I release what no longer serves me and protect what nourishes me.





Reclaiming Parts of Yourself



TODAY'S INTENTION

I choose to remember, honor, and reclaim the parts of me that matter.



REFLECTION CHECK-IN

How am I feeling today?

☐☐☐☐☐

WHAT I'M GRATEFUL FOR TODAY





What parts of me did I dim or set aside in these connections? How can I reclaim them?

MICRO-ACTION

Name one part of yourself to reclaim this week.

"You are allowed to be both a masterpiece and a work in progress."

Identifying Your Needs & Values

What are my core needs and values in relationships and in life?

MICRO-ACTION



List your top 5 non-negotiables.

REFLECTION CHECK-IN

How connected do I feel to my needs right now? _____

How well do I honor my values daily? _____

What is one value I want to live more fully? _____

TODAY I CHOOSE TO...

JOURNAL & EXPLORE

What are my core needs, and how are they currently being met?

What values matter most to me, and how do they guide my choices?

What would change if I fully honored my needs and values?

DAILY INTEGRATION

One small action I can take today to honor my needs and values:

Building Self-Love Practices

TODAY'S INTENTION

I nurture myself with love, patience,
and daily care.

DAILY CHECK-IN

How is my body feeling? ○ ○ ○ ○ ○

How is my mind feeling? ○ ○ ○ ○ ○

How is my heart feeling? ○ ○ ○ ○ ○

SELF-LOVE SUPPORT

- ☐ I speak kindly to myself
- ☐ I make time for rest
- ☐ I nourish my body well
- ☐ I honor my emotions
- ☐ I celebrate small wins
- ☐ I practice compassion
- ☐ Other:

REFLECTION

*Which self-love practices feel most nourishing right now?
How can I make them consistent?*

MICRO-ACTION



Choose 2–3 practices
to focus on daily.

MY PRACTICE PLAN

1. _____
2. _____
3. _____

EVENING REFLECTION

How did I show myself love today? What did I learn about what I need?



Creating Personal Affirmations



Write 5–10 personal affirmations that feel true and empowering for this new chapter.



MICRO-ACTION

Create and write your own affirmations.



REFLECTION

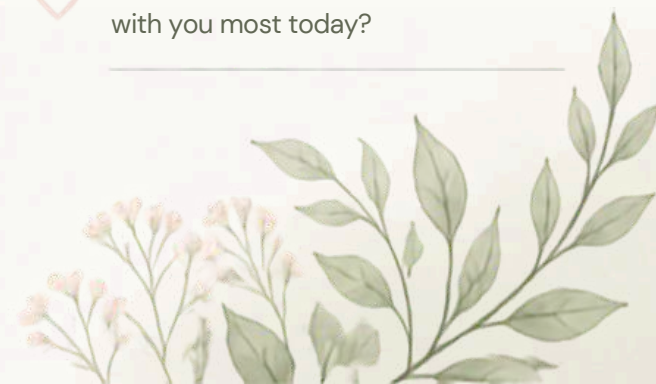
How do these affirmations make you feel?



Which affirmation resonates with you most today?



TODAY I CHOOSE TO BELIEVE:



PART 4

30-DAY
CHALLENGE

DAY
26

Vision for Supportive Connections

TODAY'S INTENTION

I choose connections
that uplift, inspire,
and support my growth.

MICRO-ACTION

Write a detailed vision.



Describe the kind of connections and support
you want moving forward.



Who or what supports this vision?



One aligned action I can take tomorrow:

DAY 27

Future Self Letter

Date: _____

Current Energy Level (1-10): 1 2 4 5 6 7 8 9 10



Mood: _____



TODAY'S FOCUS / MICRO-ACTION:

Complete the Future Self Letter.



WHAT I RELEASED / NOTICED /
CHOISE DIFFERENTLY TODAY:



GRATITUDE OR SMALL WIN:



ONE WAY I PRACTICED SELF-LOVE
OR SELF-RESPECT TODAY:



NOTES / OBSERVATIONS:

REFLECTION PROMPT:

Write a letter from your future self (6-12 months from
now) looking back on this journey.

A large white rectangular box with rounded corners, intended for writing a reflection letter.

Celebrating Progress So Far



 What progress, big or small, have I made in the last four weeks?



MICRO-ACTION

List and celebrate your wins.

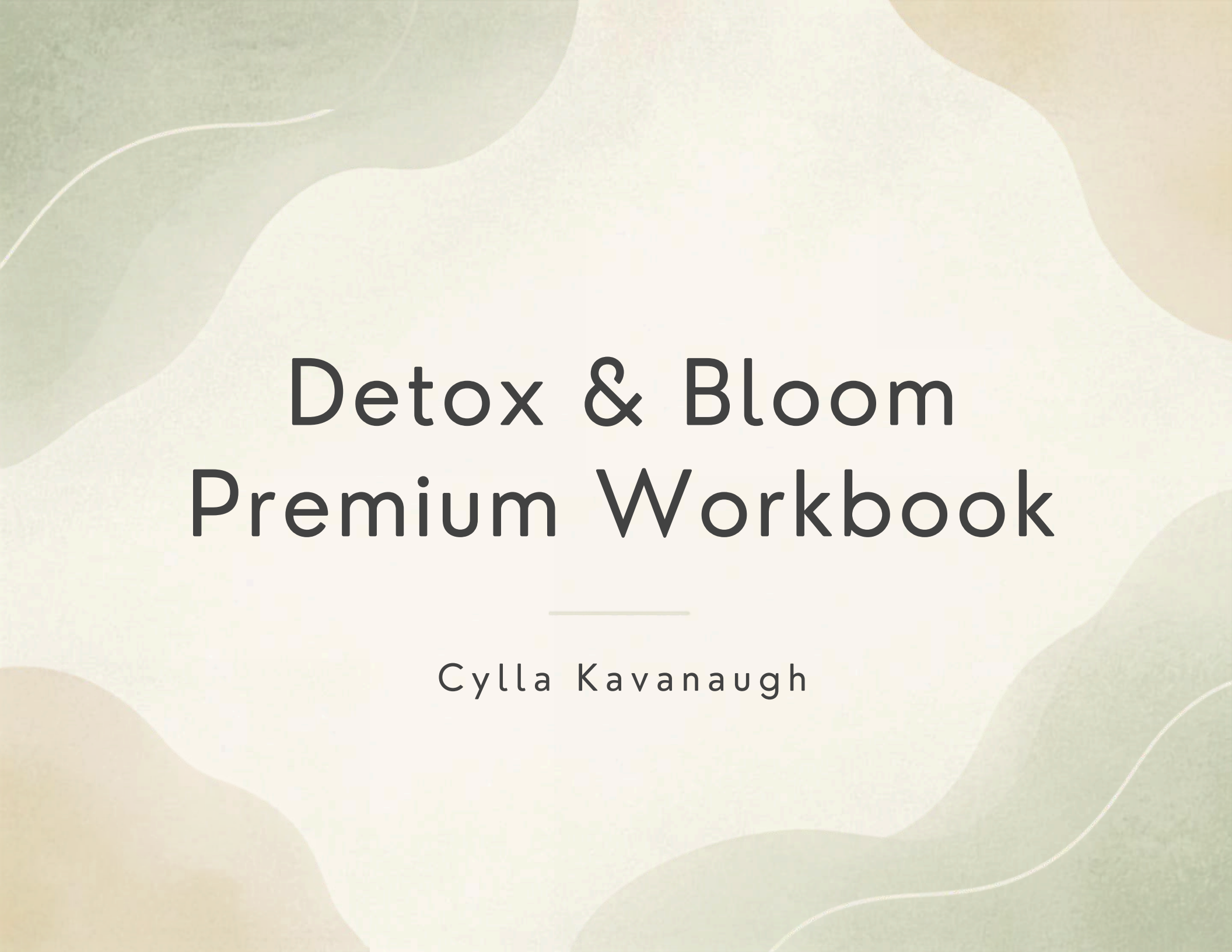
Date: _____

Current Energy Level: ☆☆☆☆☆

Mood: 😞 😞 😐 😊 😊

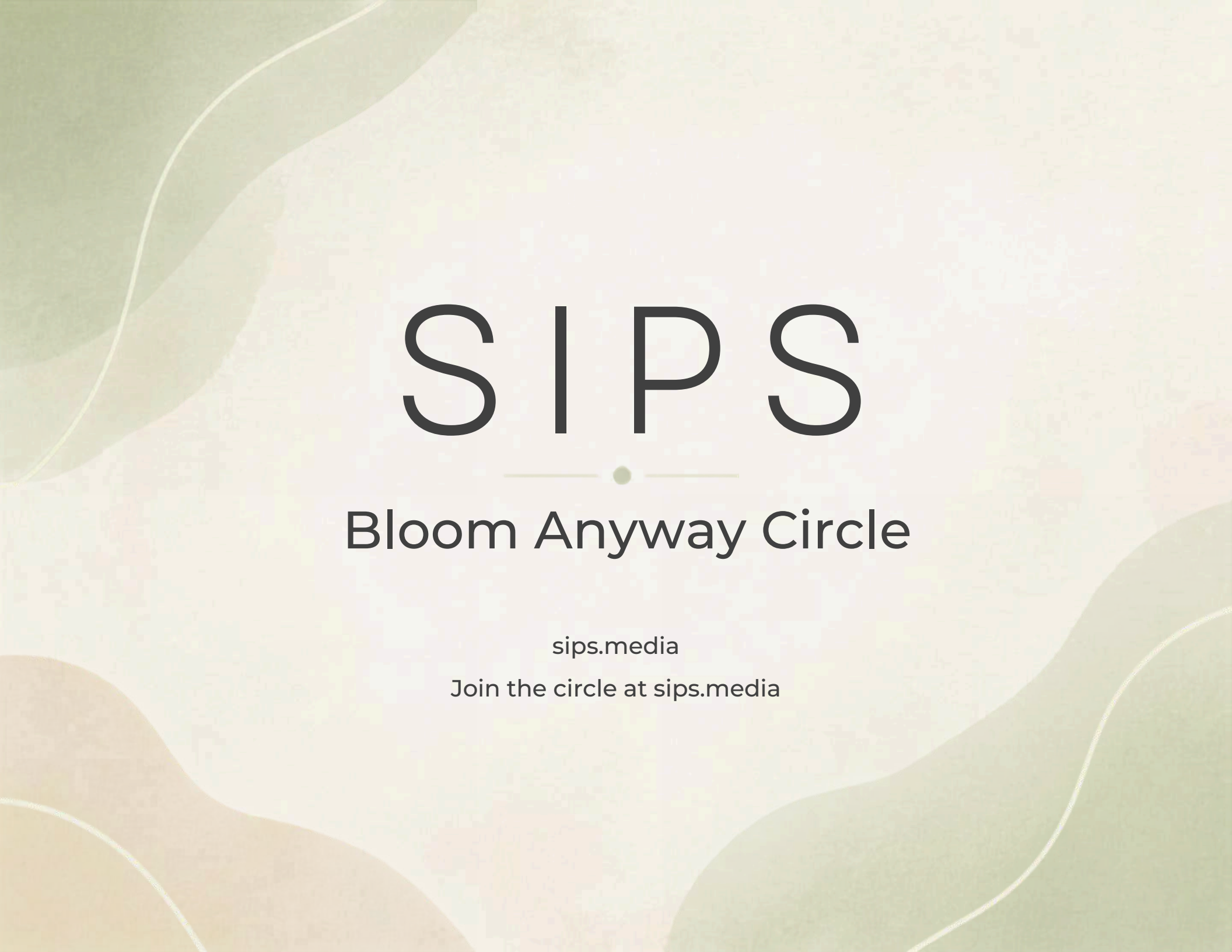
Today's Focus: _____

Gratitude: _____



Detox & Bloom Premium Workbook

Cylla Kavanaugh



SIPS

Bloom Anyway Circle

sips.media

Join the circle at sips.media

✧ DAY 29 ✧

Integration & What's Next

Date: _____

Current Energy Level: ○ ○ ○ ○ ○

Mood: 😊 😐 ☹️



✧ REFLECTION PROMPT ✧

How will I integrate what I've learned
into my daily life going forward?



✧ TODAY'S MICRO-ACTION ✧

Create a simple ongoing plan.

✧ NOTES ✧



Final Celebration & Commitment

Honoring how far you've come and the beautiful path ahead.

Date: _____

Current Energy Level: ☆ ☆ ☆ ☆ ☆

Mood: 😊 😊 😐 😐 😐

What am I most proud of?

What commitment am I making to myself now?



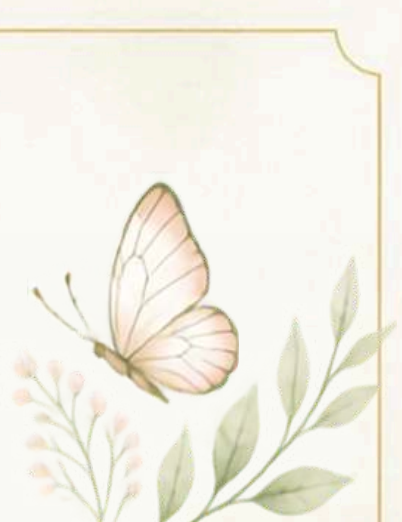
MICRO-ACTION

Write your ongoing self-love commitment.



Gratitude

What (or who) are you grateful for today?



Mood & Energy Weekly Tracker

Tune in. Track with kindness. Notice what supports your glow.

WEEK	DATE RANGE	MOOD (1 = LOW, 5 = HIGH)	ENERGY (1 = LOW, 5 = HIGH)	MAIN TRIGGERS (WHAT DRAINED ME)	MAIN SUPPORTS (WHAT LIFTED ME)	NOTES
WEEK 1	to	1 2 3 4 5	1 2			
WEEK 2	to	1 2 3 4 5				
WEEK 3	to	1 2 3 4 5				
WEEK 4	to	1 2 3 4 5				
WEEK 5	to	1 2 3 4 5				





Each boundary is an act of love—for me and for those around me. 🧡

Self-Love / Habit Tracker

Small, intentional choices create a life that feels good from the inside out.

HABIT	DAY OF THE MONTH																													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	22	23	24	25	26	27	28	29	30	
 Rest Prioritized sleep & downtime	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Hydration Drink enough water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Movement Gentle movement for my body	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Journaling Write & reflected my thoughts	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Breathwork Practiced deep breathing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Nature Time Spent time outdoors	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Support Connected with someone I trust	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Gentle Routines Followed a routine that nourishes me	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

What helped me stay consistent?

Progress Milestones

You are growing, healing, and becoming. Every step forward matters.
Celebrate how far you've come and the beautiful shifts along this way.

What feels different now?

What am I proud of?

Which milestones deserve celebration?

1

2

3

4

5

6

7

8

Closing Notes

Every milestone is a testament to your courage and commitment.
Keep blooming.

Detailed Vision Board Space

DREAM IT. SEE IT. BECOME IT.



WHAT KIND OF CONNECTIONS
DO I WANT MOVING FORWARD?



HOW DO I WANT MY
DAILY LIFE TO FEEL?



WHAT BOUNDARIES AND
SUPPORTS KEEP ME GROUNDED?



WHAT VISUAL SYMBOLS
REPRESENT THIS NEW CHAPTER?

WORDS THAT INSPIRE ME

PEOPLE WHO UPLIFT ME

PLACES THAT FEED MY SOUL

Final Reflection

Pause. Reflect. Honor your growth and the path ahead.



WHAT HAVE I LEARNED ABOUT MYSELF?



WHAT AM I CARRYING FORWARD?



WHAT AM I LEAVING BEHIND?



WHAT SUPPORT DO I WANT NEXT?



I AM GRATEFUL FOR...

I honor how far I've come. I trust who I'm becoming.





Helpful Resources



You don't have to do this alone. These trusted resources can support you on your journey toward healing, connection, and self-love.



Crisis Support

988 Suicide & Crisis Lifeline

Call or text 988 or chat online at [988 lifeline.org](https://988lifeline.org)
Free, confidential support 24/7



Holistic Healing

The SIPS Experience Podcast

Conversations on healing, self-love, and growth
Spotify | Apple Podcasts
Patreon: sips.media



Emotional Wellness

The Trevor Project

Crisis support for LGBTQ+ youth
Call 1-866-488-7386, text START to 678-678,
or chat at thetrevorproject.org



Journaling & Reflection

Return to this workbook often.
Use the prompts, trackers, and affirmations
to continue your growth and celebrate
your progress.



Mental Health Support

National Alliance on Mental Illness (NAMI)

Information, resources, and support groups
1-800-950-NAMI (6264) | nami.org



More Resources

HASSL — UK nonprofit working to prevent harassment and violence against women (hassl.uk)
Bloom Anyway Circle on Patreon: sips.media
Need extra support? Consider a therapist, counselor,
or trusted local support service. hassl.uk



A Gentle Reminder

Healing is not linear. Be patient and kind with yourself.
Reaching out is a sign of strength, not weakness.



A decorative worksheet titled "A Moment for Me" in a large, dark green serif font. The title is centered at the top, with a small leafy branch graphic below it. Below the title, a question is posed: "What is one way I can show myself kindness today?" in a smaller, dark green sans-serif font. The central area of the page is filled with horizontal lines for writing. The entire page is framed by a soft, watercolor-style border in shades of pink, green, and yellow. The corners are decorated with botanical illustrations: top-left and top-right show delicate leafy branches; bottom-left features a cluster of green eucalyptus leaves and a single pink flower; bottom-right shows a pink flower and a branch with small berries. The background has a subtle, repeating pattern of small, light-colored floral motifs.

A decorative worksheet titled "A Moment for Me" in a large, dark green serif font. The title is centered at the top, with a small leafy branch graphic below it. Below the title is a question: "What is one way I can show myself kindness today?" in a smaller, dark green sans-serif font. The central area of the page is filled with horizontal lines for writing. The entire page is framed by a soft, watercolor-style border in shades of pink, green, and yellow. The border features delicate line drawings of various plants, including eucalyptus-like leaves, small berries, and pink cherry blossoms.

A decorative worksheet titled "A Moment for Me" in a large, dark green serif font. The title is centered at the top, with a small leafy branch graphic below it. Below the title, a question is posed: "What is one way I can show myself kindness today?" in a smaller, dark green sans-serif font. The central area of the page is filled with horizontal lines for writing. The entire page is framed by a soft, watercolor-style border in shades of pink, green, and yellow. Decorative floral and leafy branch illustrations are placed in the corners: top-left, top-right, bottom-left (featuring a pink flower), and bottom-right (featuring a pink flower and a leafy branch).

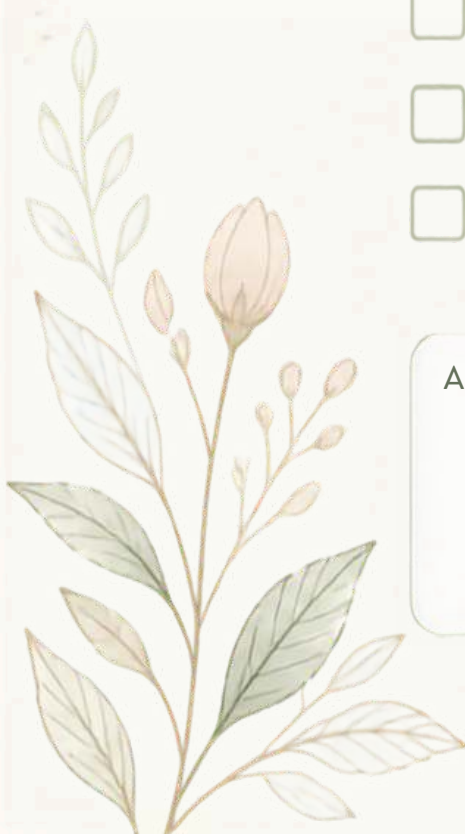
Setting Intentions



What intentions do I want to set for my wellbeing this week?
Choose up to five intentions to guide your actions, mindset, and self-care.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Additional reflections or notes:



Notes



Handwriting practice lines consisting of 18 horizontal dotted lines.



Notes



A series of horizontal dotted lines for writing notes.



Affirmation Cards

Cut along the dotted lines and keep these affirmations close. Read them daily and let them root into your heart.

I choose
nourishment
in every form.

I release what
no longer serves
me.

My body is
strong, capable,
and resilient.

I am healing
daily, inside
and out.

I honor my body
with love and
kindness.

I am in bloom,
becoming my
best self.

I trust the
process and
embrace change.

I am worthy of
vibrant health
and happiness.

I radiate
wellness, peace,
and positivity.

Detox & Bloom Workbook

BONUS PRINTABLE: AFFIRMATION CARDS

Cut along the dashed lines. Keep these cards somewhere you'll see them every day as gentle reminders of your worth.



I am worthy
of respect.

My note: _____



My peace
matters.

My note: _____



I trust myself
more every day.

My note: _____



I choose what
nourishes me.

My note: _____

Detox & Bloom

PREMIUM WORKBOOK

You're not here to shrink.
You're here to return to you.

Detox. Bloom. Become.

SIPS

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Studios

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