



My Juicy Journal

“Writing is medicine. It is an appropriate antidote to injury. It is an appropriate companion for any difficult change.”

— Julia Cameron

My Juicy Journal



created with lots of love by...
Zuzana and Nikki

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Day #1



Date: / /

Today was hopefully reasonably plain sailing. You should have enjoyed the novelty of just juicing, and your system should feel a little lighter and emptier.

How did I do with the juice cleanse today?

What were the highlights?

What lessons did I learn?

What am I thankful for right now?

How am I feeling right now?

How would I rate my overall energy level? (marks out of 10)

What can I do next to move forward on my goals?

Any other juicy comments?

Day #2



Date: / /

For some people today can be the hardest day, for others, it is a breeze. Either way, having completed 48 hours you should feel great, and the rest of the cleanse should now be a breeze!

How did I do with the juice cleanse today?

What were the highlights?

What lessons did I learn?

What am I thankful for right now?

How am I feeling right now?

How would I rate my overall energy level? (marks out of 10)

What can I do next to move forward on my goals?

Any other juicy comments?

Day #3



Date: / /

Wow, it's the last day. Just how juiced and empowered do you feel?

How did I do with the juice cleanse today?

What were the highlights?

What lessons did I learn?

What am I thankful for right now?

How am I feeling right now?

How would I rate my overall energy level? (marks out of 10)

What can I do next to move forward on my goals?

Any other juicy comments?



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