



## ☞ ☞ 10-Minute Mind Detox Checklist

### **Daily Mental Hygiene for Clarity, Calm & Ethical Action**

*(Designed for daily use • No tools required • Tick mentally or on paper)*

#### **Purpose Statement:**

***This tool is designed to support mental clarity, emotional responsibility, and ethical living through small, repeatable daily practices. It is not a substitute for medical or psychological care, but a complement to conscious, reflective life design.***

#### **Core Principles:**

- **Clarity before productivity**
- **Responsibility before reaction**
- **Completion before optimization**

#### **People • Planet • Profit • Purpose**

***Clean minds create compassionate people, sustainable systems, ethical economies, and meaningful lives.***

#### ☞ **PREP (30 seconds)**

- ★ *Find a quiet spot*
- ★ *Phone on silent / face down*
- ★ *Sit or stand comfortably*
- ★ *Set a gentle 10-minute timer*

**🔗 STEP 1 - INPUT FAST (2 minutes)**

- ★ No phone, no music, no reading
- ★ Sit, walk slowly, or breathe naturally
- ★ Let thoughts come and go without engagement

- I stopped consuming inputs
  - I allowed silence without forcing calm
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**🔗 STEP 2 - THOUGHT DUMP RESET (2 minutes)**

- ★ Write continuously (paper preferred)
- ★ No structure, no fixing, no rereading

- I wrote whatever surfaced
  - I did not judge or organize thoughts
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**🔗 STEP 3 - EMOTIONAL CLOSURE CHECK (2 minutes)**

Ask quietly:

- ★ What annoyed me today?
- ★ What did I avoid?
- ★ What needs emotional closure?

- I acknowledged at least one emotion
  - I named it honestly (not intellectually)
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**🔗 STEP 4 - ONE-POINT ATTENTION DRILL (2 minutes)**

- ★ Choose one tiny task
- ★ No switching, no background noise

- I stayed with one task fully
  - I noticed restlessness without escaping
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**👉 STEP 5 - DAY-END MENTAL RELEASE (2 minutes)**

*Ask gently:*

- ★ *What is done?*
- ★ *What can wait?*
- ★ *What am I releasing right now?*

- I consciously ended the mental day*
  - I allowed myself permission to rest*
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**👉 CLOSING (30 seconds)**

- ★ *One deep breath*
- ★ *Relax the jaw and shoulders*
- ★ *No evaluation—just completion*

- Mind detox complete*
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# 👉 👉 7-Day Mental Reset Plan

*One week to reset attention, emotion, and mental energy*

## 👉 DAY 1 - AWARENESS DAY

**Focus:** Notice mental pollution

- ★ Observe how often your mind seeks input
- ★ Do the full 10-minute checklist

Reflection:

👉 Where does my mind escape most often?

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## 👉 DAY 2 - INPUT REDUCTION DAY

**Focus:** Silence as medicine

- ★ Extend Input Fast by 5 extra minutes
- ★ Avoid unnecessary news or scrolling

Reflection:

👉 What changed when I consumed less?

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## 👉 DAY 3 - EMOTIONAL HONESTY DAY

**Focus:** Naming what's unfinished

- ★ Spend extra time on Emotional Closure Check
- ★ Write one emotion you usually suppress

Reflection:

👉 What emotion drains me when ignored?

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**☞ DAY 4 – ATTENTION RECLAMATION DAY**

**Focus:** Respect for focus

- ★ Do two One-Point Attention Drills
- ★ Choose simple, ordinary tasks

Reflection:

☞ How does my body feel when attention is whole?

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**☞ DAY 5 – RELEASE DAY**

**Focus:** Letting go consciously

- ★ Expand Day-End Mental Release
- ★ Write one worry you are choosing to defer

Reflection:

☞ What improves when I stop carrying everything?

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**☞ DAY 6 – INTEGRATION DAY**

**Focus:** Ease, not effort

- ★ Perform the checklist slowly
- ★ Reduce total inputs for the day

Reflection:

☞ What feels lighter this week?

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**☞ DAY 7 – CLARITY DAY**

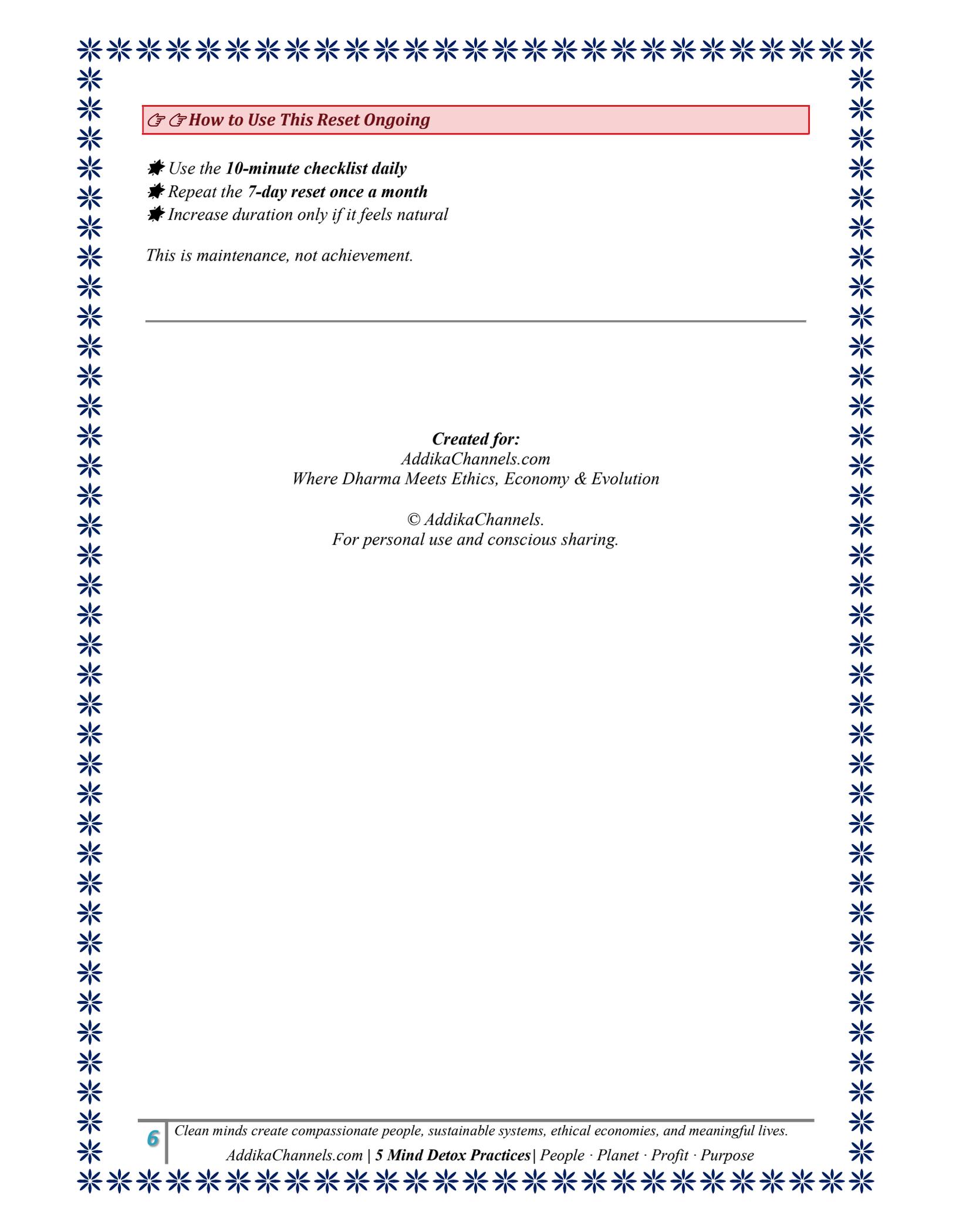
**Focus:** Observe results

- ★ Perform the checklist once
- ★ No analysis—just notice

Reflection:

☞ What changed in my reactions, not my workload?

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 **🔗 🔗 How to Use This Reset Ongoing**

- ✦ *Use the 10-minute checklist daily*
- ✦ *Repeat the 7-day reset once a month*
- ✦ *Increase duration only if it feels natural*

*This is maintenance, not achievement.*

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