

Get more energy

AUTUMN DETOX

Your WorkBook

WELCOME IN THIS 5 - DAYS
BODY & SOUL EXPERIENCE







YOUR DETOX DAYS

I'm so inspired to be with you during this 5 days Journey.
This Journey is created with a lot of love & passion. You can always ask me questions by writing an email.
I wish you a wonderful Journey. And may you shine your beautiful Light.

Xox
Alize van Pijkeren

IF YOU DON'T TAKE CARE OF THIS THE MOST MAGNIFICENT MACHINE THAT YOU WILL EVER BE GIVEN...WHERE ARE YOU GOING TO LIVE?"

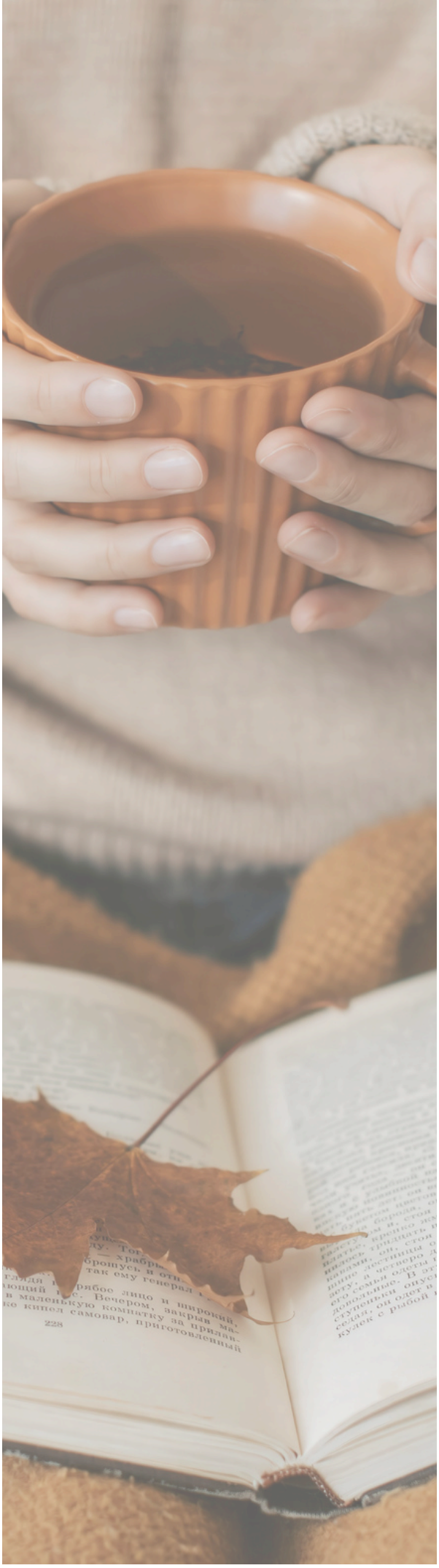
~ KARYN CALABRESE

HOW TO PREPARE

1. BLOCK 30 MINUTES
2. CREATE A ME-TIME CORNER
3. COMMIT YOURSELF
4. PREPARE A NOTEBOOK
5. TURN OFF ALL YOUR DEVICES
6. TAKE TIME FOR IT
7. OPEN UP FOR NEW THINGS

BEFORE YOU START- MAKE SURE YOU PREPARE YOURSELF BY THE LIST ABOVE- THESE ARE GREAT TOOLS TO SUPPORT YOU DURING THIS JOURNEY.





01

RELAX & PREPARE

Grab a tea, relax and just sit for a while.

YOUR NOTES:



DAY 1:

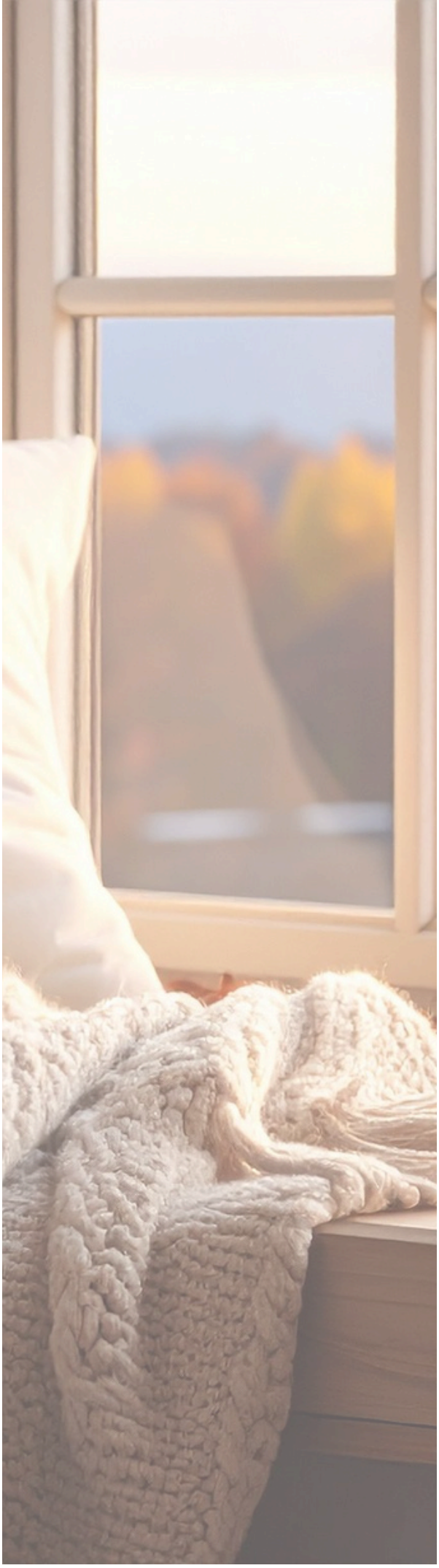
3 important questions

1:How do you feel on a scale of 0 to 10?

2: Are you happy with your body?

3:How do you sleep on a scale of 0 to 10?

enjoy the process



02

THE JOURNEY

Are you ready ?

YOUR NOTES:



DAY 2:

3 **important questions**

1: How would you describe the lifestyle you have?

2:Wich Dosha do you feel the most aligned with?

3: How would you rate your digestion pattern? Do you experience difficulties here?

enjoy the process

Self-Care

CHECKLIST

Date : _____

No	Activities	M	T	W	T	F	S	S
1	Get 7-8 hours of sleep							
2	Drink 8 glasses of water or herb tea							
3	have a yoga/meditation practise							
4	Eat a balanced meal							
5	Take a relaxing bath							
6	Plan your day							
7	Spend time in nature							
8	Journal your thoughts							
9	Read for 20 minutes							
10	Connect with a loved one							
11	Declutter a space							
12	Take a break from screens for an hour or more							
13	Practice positive affirmations							
14	Spend time doing something you love							
15	Write down three things you're grateful for today							

DAILY *planner*

DATE Day 2

M T W T F S S

MOOD 

WEATHER 

QUOTE OF THE DAY

"AGNI IS THE SOURCE OF LIFE."

BREAKFAST	LUNCH
DINNER	SNACKS



TO DO LIST

- [ ] check your mail
- [ ] follow the instructions
- [ ] reflect on your day

NOTES

TOP 3 PRIORITIES

1

2

3

SCHEDULE

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM



03

EMBRACE

What is your relationship with your body?

YOUR NOTES:



DAY 3:

3 **important questions**

1: What is your relationship with your body? Do you love your body, appreciate your body?

2: How do you take care of your body when we talk about: food, sleep, movement, clothes, welness etc.?

3:Are their signs that you have the tendency to ignore like: headache, insomnia stomach problems, little pains in muscles, digestion problems? Skin problems?

enjoy the process

DAILY *planner*

DATE Day 3

M T W T F S S

MOOD 

WEATHER 

QUOTE OF THE DAY

BALANCE YOUR BODY,
BALANCE YOUR LIFE

BREAKFAST

LUNCH

DINNER

SNACKS



TO DO LIST

- [ ] check your mail
- [ ] follow the instructions
- [ ] reflect on your day

NOTES

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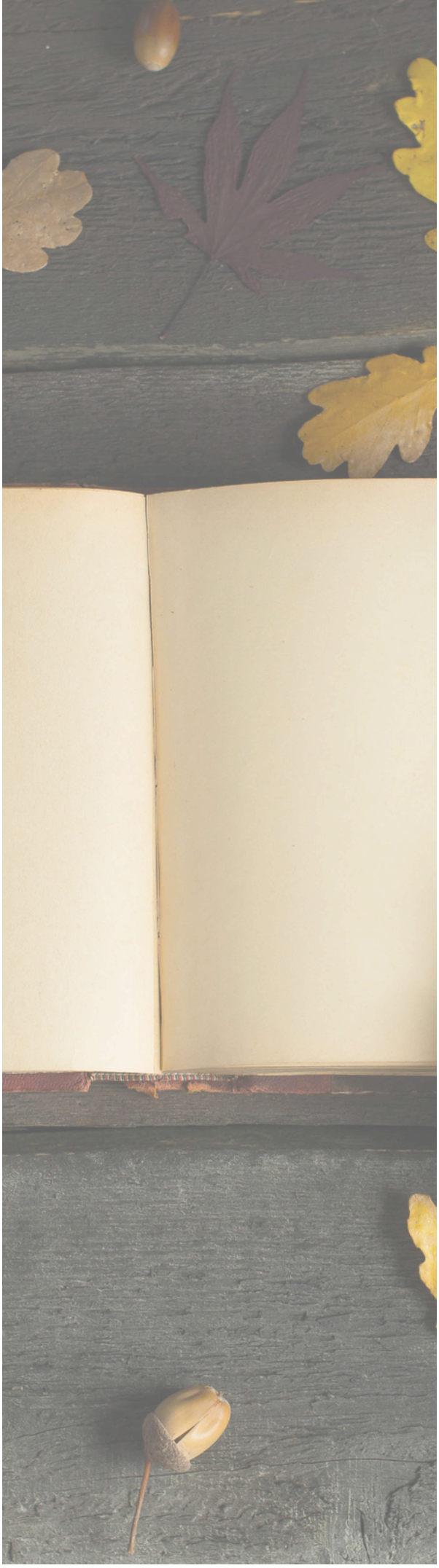
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04

MOVE ON

make a plan

THE CIRCLE OF WELL BEING



CORE WISDOM

1

As you are a whole and complete being every part of it counts. Every key is important in the circle.

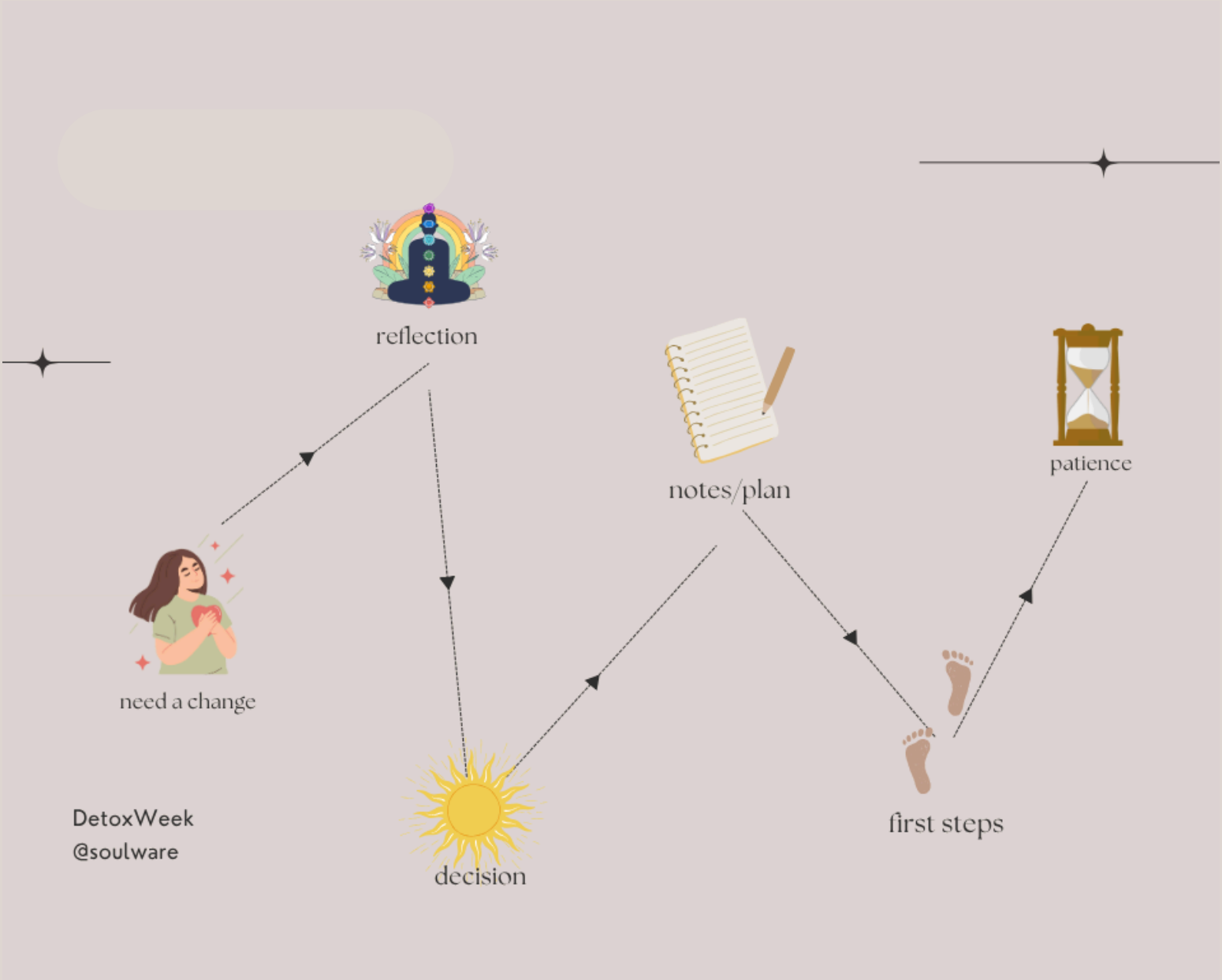
2

When you feel out of balance you can always check one of them The circle is not flowing when there's is an error of one or more of the keys.

3

To keep the ' whole ' of it you needs practise , discilpline and commitment.

Your Proces


reflection
notes/plan
patience
need a change
DetoxWeek
@soulware
decision
first steps

YOUR NOTES:



DAY 4:

3 important questions

1:How would your ideal body looks and feel? For example less or more weight, more energy, better condition, more flexibility, strength in the muscles, stronger heart, etc.

2: What are the behaviours you do right now, that you can immediately change. Examples: no smoking, drinking, stop eating sugar, cook your own meals,doing more exercises, start a yoga & meditation practice etc.

3:What is your big Why to change it?

enjoy the process

DAILY *planner*

DATE Day 4

M T W T F S S

MOOD

WEATHER

QUOTE OF THE DAY

‘ YOU BECOME WHAT YOU EAT ’

BREAKFAST

LUNCH

DINNER

SNACKS

TO DO LIST

- [ ] check your mail
- [ ] follow the instructions
- [ ] reflect on your day

NOTES

TOP 3 PRIORITIES

1

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3

SCHEDULE

6AM

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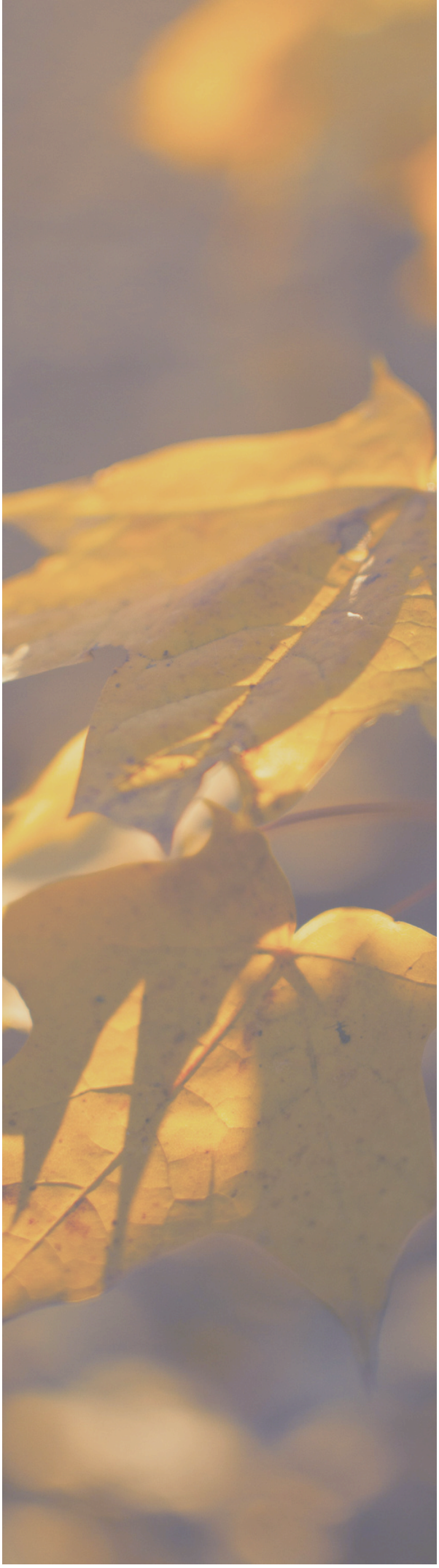
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05

CLARITY

Remove dust and add purity in your meals and in your life.

YOUR NOTES:



DAY 5:

3 important questions

1: What did you learn this week?

2: Are you more motivated to change some of your unhealthy habits?

3 Is there anything you want to add from your own wisdom and knowledge?

enjoy the process

DAILY *planner*

DATE Day 5

M T W T F S S

MOOD 

WEATHER 

QUOTE OF THE DAY

YOUR BODY IS THE TEMPLE OF YOUR SOUL

BREAKFAST

LUNCH

DINNER

SNACKS



TO DO LIST

- [ ] check your mail
- [ ] join the live session
- [ ] reflect on your day

NOTES

TOP 3 PRIORITIES

1

2

3

SCHEDULE

6AM

7AM

8AM

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11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM



06

Bonus Day

GIFT TO YOUR FUTURE SELF

Time for some rewards

YOUR NOTES:



DAY 6:

3 important questions

1:What do you love the most to do?

2:What are your dreams?

3:When it comes to rewards, what would you love to give to yourself?

enjoy the process

READ THIS..

You are here to shine your light and to walk your own unique path. You are not here to live the life of others. There is a way to make you feel more connected, brighter and lighter. Not a victim of your daily stuff, worries and struggle but get this deep sense of feeling that this all belongs to your uniwue path and that you are here for a reason.

When you start integrate a regular Inner Journey practice by Yoga & Meditation into your life you feel more empowered, you learn more about your interactions with others like your your children , your family, the people you work with, etc. You start acting from a space of awareness and observe yourself before you react to anything and everyone.

And the effects on your body are also very valuable. You will reduce stress, give yourself time to digest your food and you will sleep much better.

By integrating a s*piritual and conscious* lifestyle into your life you will give yourself much more time to choose the right things for your life instead of having the feeling that you cannot control this.

And last but not least you will have a deeper contact with who you really are and what your mission and purpose is in this life.

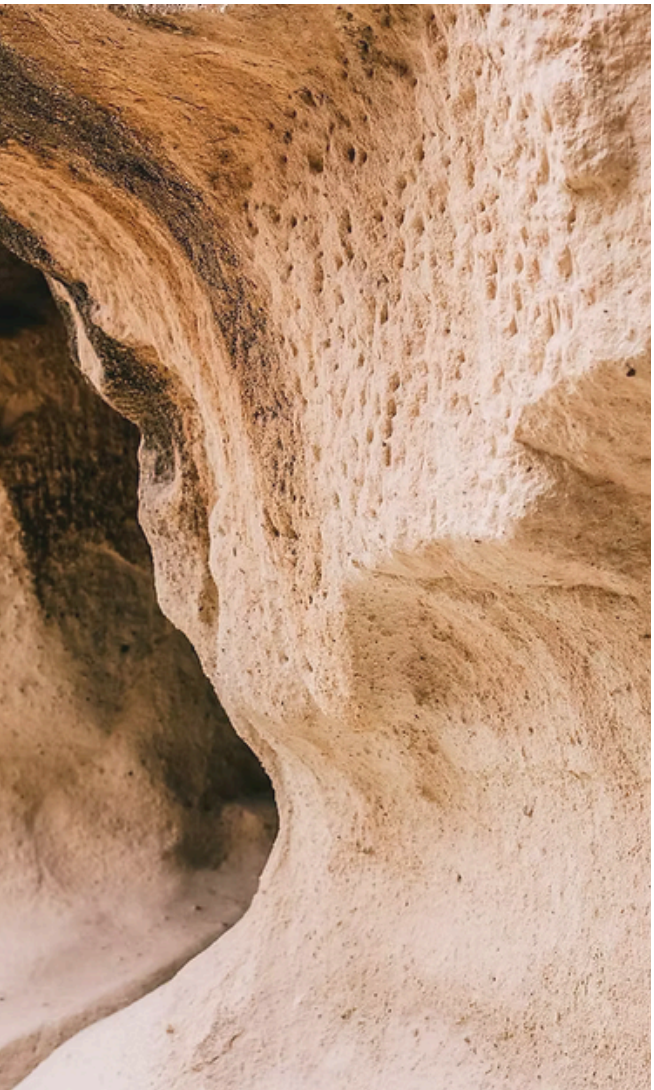


HOW TO MOVE ON?

If every thing went well these days i'm 100 % sure that you have felt something different in your daily life. Taking time and be more aware during the day will add a lot of value in your life and helps you to stay more focussed, centered and gives you a feeling of being alive instead of being lived. If you want to go a bit deeper, then I have an amazing chance for you! Join my Live Event on November 15th! In Person. And it will be amazing en very inspiring to bring alive what you have learned this week.

Check : www.soulware.nl/special and save the last spots!





BLOCK TIME IN YOUR AGENDA

Start with taking time for YOURSELF. Commit this time to your life.

i'm absolutely convinced based on my own experience and the experience of all my clients of the last 10 year that there's only one way to create more value in your life and that is ***to take time to create time*** in your life that makes this happen.



WANT TO RELAX AND HAVE A MINI - BREAK?

Sometimes you just need a little bit more time to integrate new insight, feel the connection with your Inner Self and get support from others.

I've created a wonderful **Mini Retreat** were you can reload your battery, be in nature , practise yoga , have to time to meditate, have deeper talks and connection.

If you JOIN this Mini - Retreat I quarantee you that it will be reading and you wil refresh your self and your life. You don't need to bring anything, and it will be a morning of relaxation and letting go.
More info?www.soulware.nl/special
Date: 15 november 2026



