

14-DAY CLEANSE

DAY 10: VIDEO SCRIPT: ENVISION

Tess Masters: We made it. It's Day 10. It is the last day of our juice fast, so please stay with us. Reach out for help in the Facebook group. I promise you, someone else is feeling what you're feeling right now. I always seem to feel really good on Day 3 of the juice fast, now on Day 10 of this cleanse.

But, please, still rest. Just please rest, nurture yourself, love yourself, do what you need to do to get through this. Use the broth, the juice popsicles, herbal tea, take baths, take walks, watch a movie, read a book, just keep resting.

So today's word is envision, because as we head into these final few days of this journey together, think about where you want to be. It's a really powerful time. We talked about empower, right? Now that we feel empowered, we feel great, we feel strong, we know we can do it. We know we can do it again, is the big part of this, right? Let's really envision. I feel like envisioning is just incredibly powerful.

So, tomorrow is break-fast, and we're going to talk about this more in detail. Just keep looking at where you want to be, and that will stop you from breaking the fast other than what we've prescribed. So please, tomorrow, when we go into eating fruits in the morning, please stick to the break-fast foods that we've recommended, okay? Because that's one of the biggest issues where people fall back, and they don't get the most out of the experience is by breaking the fast not responsibly and safely, and outside of what we've recommended.

You want to stick to high-water-content fruits, and just a small amount, you're going to find, is going to fill you up tomorrow. So please review the guidelines tonight, and don't grab for something outside of what's on the menu, because you may find that it causes all kinds of digestive disturbances. It may bring up detox symptoms. You just don't need to put yourself through that, all right? So rest, review the guidelines.

the decadent detox

www.thedecadentdetox.com #thedecadentdetox

So, Karen, let's talk about vision boards. So, if you look at the dashboard, you've looked at how we've got a vision board guide. I know that there's some people that have written to us over the years that we've been doing this. Some people are really into it, they're super gung-ho about it. And some people are a little bit skeptical.

Karen, you've been leading these retreats for decades. Tell these guys what comes up for people, how powerful this really is if you actually embrace it.

Karen Kipp: So, my experience in working with so many people through this process, is that by about Day 3 of the fast, you're starting to get some real clarity. You've felt that kind of empowerment. You're feeling really clear in the head, and you kind of have some ... Maybe revelations is a little strong word, but really, you're getting clarity of vision, right?

Tess Masters: Clarity's a really good word.

Karen Kipp: Clarity of vision is how I would describe it. You're starting to see really clearly what the gap is between where you're at and where you want to be. So that's the magic, right there, when you really get to see that very clearly, and you suddenly realize that there's some things in your life that you really want to change. You really want to see something new for yourself, and you're getting excited about that new vision, envisioning what you want.

So one of the real powerful things, and tools that I've used over, and over, and over again is the vision board. Participants tell me all the time that they come back and they realize a month later that they look at their vision board because they have it up on their wall, and they've said, "Oh my gosh, almost everything I put up on that board has already come true. It's amazing. It's so powerful."

Tess Masters: It's so amazing.

Karen Kipp: It's so powerful.

Tess Masters: So, can I help you pull this up?

Karen Kipp: Yes, you can.

Tess Masters: Can I just tell everybody, this is really personal. This is really, really cool that she's sharing this with you. When she made it, she said to me ... Do you mind if I share this?

the decadent detox

www.thedecadentdetox.com #thedecadentdetox

- Karen Kipp: No.
- Tess Masters: She said to me, "As I was doing it, I realized I've never share my vision board before, and it's actually really, really personal."
- Karen Kipp: It's true.
- Tess Masters: This is really cool. It's really brave of you to share. Because this is a real vision board that she made for these 14 days, right?
- Karen Kipp: I didn't have my full entourage of art supplies, guys. So, you know, it's just, have fun with it.
- Tess Masters: I'm not as arty as you are at my house.
- Karen Kipp: Get out some old magazines, some stick glue. We found some fun stickers I kind of worked in a little bit, some little bling. We have some markers. Just have a great time with this. The point is to really figure out what you want, right? I can tell you right now, my theme is live your best life. It's that simple. Hashtag, right here, #moretimeforeverything. That's my big goal, and what does that mean for me? That means, few things in life bring me more pleasure than pulling flowers out of my garden and putting them in my home and making it beautiful. So, more time for gardening, more time for going to farmer's market, more time for serving up beautiful meals for my family and myself. More time just to be out in nature. My reading room. I got my brand new office, finally, in my new home. I finally have my own reading and office space, I'm so excited about that.
- Tess Masters: And that was on a previous vision board.
- Karen Kipp: It was, that's true. I have it now. So in getting back to gratitude and really doing more charitable work that I really like to do if I have more time, I'd like to get more into that. That was where my start was. So it's that simple, you guys. But, it's really important to put it down, because they've actually proven that when you write down your goals, or put them on vision boards, that you're more likely to accomplish them.
- Tess Masters: I love this in the middle, here. Strong is beautiful.
- Karen Kipp: Strong is beautiful. Don't forget that.
- Tess Masters: Yes it is.

the decadent detox

www.thedecadentdetox.com #thedecadentdetox

- Karen Kipp: Empower yourself. Strong is beautiful.
- Tess Masters: Thank you so much for sharing this, because it's really brave. We picked this up at a drugstore, this piece of board, for \$1.
- Karen Kipp: Yeah, within a few minutes.
- Tess Masters: Yeah, it was easy. We picked everything up. So, you don't need to spend a lot of money on this. Grab some old magazines, and have fun with it. But it's pretty powerful stuff. I think that what you said is really true. I said, "Well, you could do it on Pinterest or something, right? You could just pin things." And what did you say to me? Because I think it's really important.
- Karen Kipp: No, it's not the same. I think the act of actually moving through the process-
- Tess Masters: Cutting them.
- Karen Kipp: ... cutting them out and really thinking about and finding visuals that really embody what you want. It's not the same as Pinterest. There's nothing wrong, I love Pinterest.
- Tess Masters: I think it's really true. I think that was really great.
- Karen Kipp: And then the other thing is, you can't put Pinterest on your wall. With the vision board, you can actually put this up in your bathroom, in your bedroom wall, wherever it is, in your closet, wherever you see it every day. You're able to look at that, and the more you're able to see that in your life, the more able you are to accomplish that.
- Tess Masters: It's really true. It's really true.
- Karen Kipp: Come back and check back with me. I will have all of these goals accomplished.
- Tess Masters: You will. I know you, I know you will, because you are like, manifestation, hear me roar. Thank you so much for sharing that because it's so incredibly powerful.

the decadent detox

www.thedecadentdetox.com #thedecadentdetox

The other thing, too, is you don't have to share it with anyone. I know that some of us keep what's really in our hearts really, really private. Just because you have a vision board does not mean that you have to share it with anybody but you. So put it in the closet, put it somewhere private, whatever works for you. But, thank you so much, that was really brave of you to share that with everybody. I know that you're going to get that stuff, and I can't wait to celebrate it.

All right, rest please. Think about where you want to me. We have three days left, you can do this. We are heading down the mountain now, and it gets really easy from here, and super delicious. So check your menu out, make sure you've got everything. We'll see you tomorrow.