## The Cleansing Challenge

	Completed	Type of Cleansing		
Week 1:				
Home				
Object				
Myself				
Week 2:				
Home				
Object				
Myself				
Week 3:				
Home				
Object				
Myself				
Week 4:				
Home				
Object				
Myself				



## **Personal Notes**

Week 1:			
Week 2:			
Week 3:			
Week 4:			