



THE SEVEN DAY MIND DETOX
WORK BOOK

BY

CHRISTINE FRIEL MCGRORY



THE SEVEN DAY MIND DETOX

INTRODUCTION AND COMMITMENT

This workbook is designed as a companion for the inspired content of The Seven Day Mind Detox.

It is a practical guide which will reinforce the key points from the book and assist you to practically implement the detox successfully over the seven days.

FOR BEST RESULTS

1. Re-read The Seven Day Mental Detox book **every day** until its principles are absorbed fully into your subconscious.
2. Choose a specific date to begin your Mind Detox.
3. Make a promise to yourself to be committed to the successful implementation of The Seven Day Mind Detox.

COMMITMENT

I have made up my mind to devote seven days (one week) solely to the task of building a new habit of thought. During this week I will detox my mind and let everything in my life be unimportant as compared with this task.

For **seven days I will not allow myself** to focus and dwell for a single moment on any kind of negative thought. I will **observe** myself for seven days, and will not, **under any circumstances allow my mind** to focus on any thought other than those that are positive, constructive, optimistic and kind.

I know that I create my life. I know that by changing my internal environment starting with my mind, my external environment will change as a result automatically, and as such my world will change for the best.

SIGNATURE

START DATE



THE SEVEN DAY MIND DETOX

MIND REVIEW CONTINUED

7. Close your eyes and take a few minutes to think about any mistakes you believe you have made and that you keep beating yourself up about.

8. Close your eyes and take a few minutes to think about any thoughts that you have about disappointment and/or failure.

9. Close your eyes and take a few minutes to think about any criticisms or judgements you have been making repeatedly about yourself or someone else.

Now that you are aware of how you are predominantly thinking, we will move forward by **RESETTING your thinking and carrying out **The Seven Day Mind Detox.****



THE SEVEN DAY MIND DETOX

MY SUCCESSES

When I close my eyes and envision how I will be at the end of the seven days I envision that

- My mind is completely clear of all negative thoughts and beliefs
- I am free of negative and repetitive thoughts
- I have broken old patterns and negative habits
- I am free of all criticism and judgement
- I am light and happy and full of joy
- **I focus only on the positive, constructive, optimistic and kind**
- **My mind is renewed and I am transformed**

WRITE DOWN HOW YOU VISUALISE YOURSELF AFTER YOUR SEVEN DAY MIND DETOX.

-
-
-
-
-
-
-
-
-
-
-



THE SEVEN DAY MIND DETOX

MY SUCCESSES

It is not the thoughts that come into my mind that matter, but only those that I **choose to accept and as such those which I entertain and dwell upon**. It does not matter what thoughts I think provided that if negative, limiting or destructive, **I do not accept them** as truth, nor entertain them.

I accept the following as my truth.

- Only thoughts that I accept as truth can affect me
- My mind is completely clear
- I am free of negative and destructive thoughts
- I have broken old patterns and negative habits
- I am free of all criticism and judgement
- I am light and happy and full of joy
- I focus only on the positive, constructive, optimistic and kind
- My mind is renewed and I am transformed

REWRITE THESE STATEMENTS BELOW AND COMMIT THEM TO MEMORY.

-
-
-
-
-
-
-
-
-
-
-

THE GOLDEN KEY



The Golden Key Process is simple

A 'Grace' is a universal truth; an unmerited gift from Source, the Universe, God.

We experience them as emotions/feelings that become traits in our consciousness.

GRACES

- Joy
- Love
- Peace
- Bliss
- Oneness / Connection
-
-
-

To RESET out of a negative thought, the antidote is to shift your consciousness from a problem or negative thought to a 'Grace' affirmation.

I AM JOY

I AM LOVE

I AM ONE WITH THE INFINITE

I AM A CHILD OF THE UNIVERSE

I AM PEACE

This technique is about shifting your focus from worldly problems to the highest level of consciousness, where challenges do not exist.

Ideally the affirmation will have no connection whatsoever to the challenge faced.

EXAMPLE



I wish I had made a different choice.

I am peace and happiness.

CLARITY THROUGH CONTRAST
WATCH YOUR REACTION AS YOU GO THROUGH THE CONTRAST

Negative traits I don't want in
my consciousness.



Take a golden pen and write the
golden divine traits I do want to
form in my new consciousness.

Criticism
Judgement
Sarcasm
Rejection
Denigration
Enmity
Intolerance
Hatred
Resentment
Jealousy
Aggression
Falsity
Devious dealings
Slander



THE SEVEN DAY MIND DETOX

OBSERVATIONS

DAY	SYMBOL	RESET OBSERVATIONS
EXAMPLE <i>Monday</i>		<i>I focused on positives only</i>
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		



THE SEVEN DAY MIND DETOX

ABOUT THE AUTHOR

CHRISTINE FRIEL MCGRORY, FOUNDER OF THE KEY, TEDX AND UN SPEAKER, WINNER OF GLOBAL WOMAN INSPIRATION AWARD 2018. ENTREPRENEUR, SCIENTIST, AUTHOR, INSPIRED SPEAKER, AWARD WINNING MENTOR AND TRUSTEE OF HER CHARITY



Widely recognised for her charm and grace, Christine has a unique ability to engage the heart. Christine is extremely grateful for having been voted one of Scotland's most influential women by the Glasgow Herald, a finalist in The Glasgow Awards and proposed for the Glasgow Herald's Inspiring City Awards. She was voted Business Women Scotland's Business Mentor of the Year and 'The Most Promising Newcomer' in the personal development field by The London Best You Expo.

Recognised by the Queen for her work in the community and as a Trustee of her Charity, The Institute of Creation, Christine volunteers her services and her passion by delivering The Key programmes to the most challenged individuals, groups and communities in the country.



THE SEVEN DAY MIND DETOX

ABOUT THE KEY

The Key® teaches The Creation Process® a genius three-step process which equips you with the “know how” and the tools to create whatever it is you want and desire in your life. Created from a series of powerful, ancient and timeless philosophies, The Key deepens your awareness of you, your environment, and your world. The Key is the spirit of NOW.

Christine Friel McGrory unlocked “The Key” in 2010. Christine and her daughter Megan deliver The Key Experience, comprising; The Key LIVE courses, Master Key, Unlock® Mentoring, The Key World Retreats, The Key Corporate Leadership Programme, and The Key to Health & Wellbeing.

The Key is NOW additionally available online.

For more information about The Key Online Courses, The Key Weekend Courses, The Key Corporate, The Key World Retreats, The Key New Generation and The Key to Health & Wellbeing:

Visit: www.unlockthekey.com.

Email: create@unlock-the-key.co.uk

www.gracethekeybook.co.uk.

The Key, The Key Creation Process, Unlock, The Key People, RESET, Celibrikey, The Key New Generation and The Key Logo are registered trademarks of Christine Friel McGrory



THE SEVEN DAY MIND DETOX

THE MIND DETOX WORKSHOP

If you would like to learn more and join my next **Seven Day Mind Detox Workshop** – please contact me directly at Christine@unlock-thekey.co.uk with reference **MIND DETOX WORKSHOP**.

Every now and again a book is written that has the potential to change your world. "Grace" is such a book.



THE SEVEN DAY MIND DETOX

Grace was exhausted and unhappy with her life; disconnected from her family, friends, work and herself, but she couldn't understand why. *Deep in her heart she longed for something else...*

C
E A seemingly chance encounter with a mysterious old lady takes Grace on an extraordinary adventure; she comes alive on a journey of self-discovery and finds that her life has meaning and purpose.

Chapter by chapter, the book blends ancient truth and science and teaches each of us how to harness the power of our Universe to create a happy and fulfilled life.

This compelling story is told in the most heart-warming, fun and creative way. Held within each page is the power to shatter outdated thinking about how life works, how we influence it, and why we are here. And most of all, Grace presents a sequence of simple, yet powerful philosophies that will assist you to discover your own unique purpose and connect you to the infinite source of love, happiness and fulfilment.

For more information: www.gracethekeybook.com
Order on Amazon.co.uk & Amazon Kindle