

CANVAS SF

21 DAY BRAIN DETOX

“For as he thinks in his heart, so is he.”

Proverbs 23:7
NKJV

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A NOTE FROM PASTOR TRAVIS

Hi friends!

Travis here.

If you are reading this it is because, like me, you are ready to take your thoughts captive¹ because you refuse to be held captive by your thoughts. If you are what you think², then that means if you are going to transform your future, it begins by experiencing a transformation in your thoughts³. Doing this won't be easy, it will take a great deal of discipline, honesty, and commitment.

But here's the good news:

You are in control of your thoughts.

You are the landlord of your mind.

Every thought is an electrochemical event taking place in your nerve cells producing a ripple effect of physiological changes. And any toxic thought that takes up mental real estate must be evicted by you, the landlord of your mind, before it becomes material you build your future with. Not only does it need to be evicted, it must be replaced with a thought that is healthy. Remember, you were wired for love⁴ and anything in your mind that is incompatible with love is something you have learned and it can be unlearned. Even if you have certain predispositions, you are not a victim to your biology, and your predispositions are not your identity, nor are they your destiny. A healthy mind is possible and a healthy mind shapes a healthy brain, which in turn shapes a healthy life.

Over the next 21 days, my prayer is that you would begin to detox your mind. I'm going to be doing this right alongside you. You're not alone, and together, I am confident that God will use this season of detoxing our minds to transform the world around us, by first transforming the world within us⁵.

Are you ready?

Let the detox begin.

Travis Clark
Lead Pastor



Notes:

1 - 2 Corinthians 10:5

2 - Proverbs 23:7 NKJV

3 - Romans 12:2

4 - 2 Timothy 1:7

5 - Hebrews 11:1

FIRST THINGS FIRST

Do you know that your mind and brain are different?

Your mind are the thoughts, either healthy or toxic, that you think about.

Your brain is the organ in your skull that tells your body what to do.

It's been proven that your thinking causes your brain to release neurotransmitters, chemical messengers that allow it to communicate with parts of itself and your nervous system. Neurotransmitters control virtually all of your body's functions, from hormones to digestion to feeling happy, sad, or stressed.

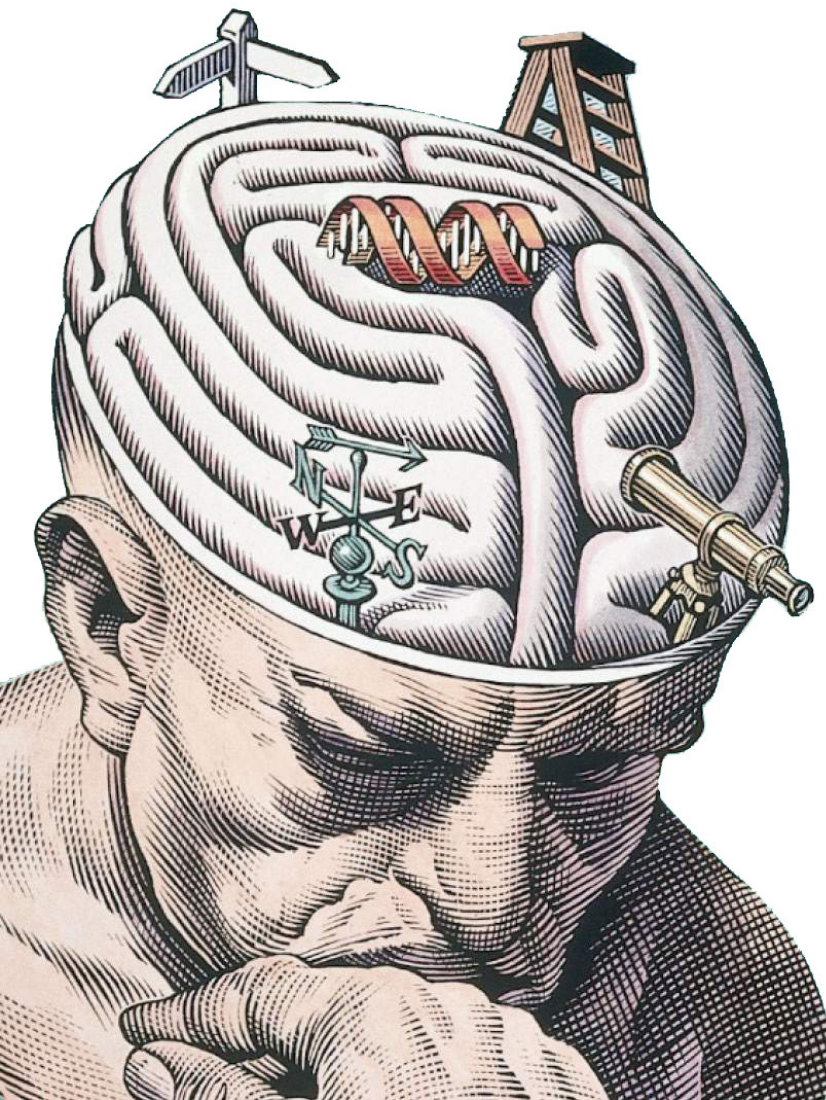
In other words, of the average 50,000-70,000 thoughts that a human will have each day, none of them are harmless. On a very real and very biological level, the very thing you are thinking about right now is effecting the 75 to 100 trillion cells in your body.

Your mind is shaping your brain and your brain is shaping your life.

So over the next 21 days you will need to take around 10 minutes each morning to detox your mind of toxic thoughts and to make a game plan on how you will nurture healthy thinking throughout the day. Every day through Neurogenesis, your brain has birthed new nerve cells and they are ready to receive whatever thoughts and information you give it. So by doing this detox in the morning you are being strategic to use your mind to feed your brain with good thoughts.

Breakfast is the most important meal of the day, so it's your job to feed your brain a healthy breakfast of quality thinking each morning.

But before we jump in, know that it will take a few 21-day cycles for a new thought



“Every day through Neurogenesis, your brain has birthed new nerve cells and they are ready to receive whatever thoughts and information you give it.”

to fully replace the toxic one. After a period of repeated thinking about a new and healthy thought over two to three cycles of twenty-one days, the new thought moves into the non-conscious metacognitive level. Around 95% of everything we do comes from this part of our brain. This process is called automatization.

Think of how you learned how to ride a bike.

At first you wobbled around nervously, thinking about every movement of every pedal stroke.

Left, right, left, right.

Until over time, the skill of riding a bike became so rooted in your brain that you could ride and not even think about it. Why? Because it moved from the conscious mind, to the nonconscious mind.

That is how this detox will work as well. Over the next twenty-one days you will begin to evict a toxic thought and replace it with one that is healthy. After twenty-one days this new thought is like a new plant that needs to be nurtured and your thinking is how you nurture it. Research has shown that it can take up to 154 days of consciously using and practicing this new thought for a thought to automatize, or to take root, in our non-conscious brains.

So don't be discouraged if your toxic thought doesn't disappear quickly. Trust the process. It may sound simple, but it won't be easy. But remember, your mind shapes your brain and your brain shapes your life. By transforming your thoughts, you are transforming your life.

A person wearing a grey hoodie, a yellow backpack, and a plaid shirt is walking away from the camera down a paved path. The path is flanked by trees and leads towards a bright, glowing light source at the end of the path, creating a strong lens flare effect. The overall tone is warm and hopeful.

**“EVERY THOUGHT
WE THINK IS
CREATING OUR
FUTURE.”**

– LOUISE HAY

INSTRUCTIONS

Each day it will take around 7 to 10 minutes to complete the 5 steps of the program: Gather, Focused Reflection, Write, Revisit, and Active Reach.

We all have busy lives, with many demands on our time. This detox program was specifically created with those demands in mind, and can easily be incorporated into your daily routine as it takes just 7 to 10 minutes a day.

What Do You Do?

You do the 5 steps of the 21 Day Detox daily for 21 days on one specific toxic thought that you need to target and eliminate.

You stick with this one thought for 63 days (three cycles of 21 days)—one cycle builds the thought into a long term memory; the next 2 cycles turn the new thought into a habit. Don't forget, your thoughts are real things in you, and it's important to continue to nurture those these new thoughts for them to continue to thrive.

It takes you 7 to 10 minutes to work through the 5 steps each day, and then you do your selected active reach at least 7 times throughout the day. So the active reach, step 5, has an action component that you do throughout the day.

One 63 day cycle is often enough time to deal with an issue, but repeat the cycle as many times as you feel is necessary to eliminate the toxicity, especially since some toxic thoughts are deeper seated than others.

Remember: you are simultaneously breaking down a toxic thought and building up a healthy thought. This will take time.

Here are the five steps you will begin to practice each day during your brain detox:

Gather

Focused Reflection

Write

Revisit

Active Reach

THE 5 STEPS

01 // GATHER

The gather step is all about becoming aware of all the thoughts coming into your mind and beginning to understand the internal environment of your mind and how it effects you emotionally and physically. During this first step, you will take 1-2 minutes to be still, reflect and see what bubbles to the surface of your mind. After gathering these thoughts, bring a toxic thought into the forefront and begin thinking of a replacement.

02 // FOCUSED REFLECTION

During this step, you'll begin to integrate the new healthy replacement thought in place of the toxic one. Don't dwell on the negative, that only feeds it. Focus on what you are replacing the toxic thought with for 1-2 minutes.

03 // WRITE

For 1-2 minutes, begin writing down (or even drawing) images, words, scripture, or quotes that nurture the positive replacement. Find a creative way to do this that works for you and activates your mind to really focus on the replacement thought you are building.

04 // REVISIT

During this time, you'll begin to make this new thought stick by planning the solution to replace the toxic thought throughout your day. An example of that would be, planning to look in the mirror and say a short phrase or gently tapping your heart 3 times while thinking of your replacement. The sky is the limit for your daily plan. Whatever you choose to do, it should only take you about 5-10 seconds to do at most.

05 // ACTIVE REACH

The purpose of Active Reach is to begin activating your plan from the previous step 7 different times throughout the day. Remember, what you feed lives and what you starve dies, so every time you practice your plan you are feeding the new thought and simultaneously starving the toxic one. Set your alarm for every 2-3 hours and then put your plan into motion.

THE TOXIC THOUGHT THAT I AM
DETOXING FROM IS:

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EXAMPLES

"I AM NEVER GOING TO HEAL FROM
THAT BROKEN RELATIONSHIP."

"I WILL NEVER BE ENOUGH."

"I AM ONLY AS VALUABLE AS PEOPLE
SAY I AM."

"I AM UNWORTHY OF LOVE."

"I WILL NEVER FIND VICTORY OVER
MY ANXIETY."

A low-angle, close-up shot of a person's legs and feet. They are wearing light blue jeans with the cuffs rolled up and a pair of colorful, multi-colored sneakers with white soles. The person is standing on a grey, textured sidewalk. The background is a blurred view of a street with a crosswalk. The entire image has a semi-transparent brown overlay.

**“WE DO NOT HAVE TO BE
PARALYZED BY THE PAST,
NOR THE DISADVANTAGE
OF THE PRESENT”**

– DR. CAROLINE LEAF

DAILY DETOX

**GRAB A JOURNAL THAT YOU CAN UTILIZE FOR THE NEXT 21 DAYS.
EACH DAY DO THE 5 STEPS LISTED BELOW.**

01 GATHER (1-2 MINUTES)

As you think about the toxic thought you are detoxing from, write down your answers to the following questions:

Q1: As you are still, what thoughts are bubbling to the surface of your mind? Begin to identify those thoughts by writing them down.

Q2: Try to focus in on the feelings they are generating and describe them in as much detail as possible. How does your mind feel? How does your body feel? What emotions do you feel as you think about this thought?

02 FOCUSED REFLECTION (1-2 MINUTES)

Begin deconstructing the toxic thought that needs to be evicted by focusing on how you can begin to replace it.

Q1: What word(s) describes the new thought you want to replace the toxic one with?

Q2: Visualize your future for a moment. What would be possible in your life, relationships, faith, career, etc. if this thought was no longer allowed to be material that you used to build your future?

03 WRITE (2-3 MINUTES)

What you feed lives, what you starve dies. Let's begin to feed the positive thought you want to take root in your mind.

Begin to write phrases, Scripture, draw, journal that nurture the new thought you want to grow.

04 REVISIT (1-2 MINUTES)

This is where you begin to make your game plan. It's time to make this new thought stick.

Question: What is a new way you can nurture this positive thought today?

05 ACTIVE REACH

It's time to activate your plan. Set your alarms and add your reminders. You want to practice your plan from the previous step at least 7 times throughout the day.

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SCRIPTURE

SINCE, THEN, YOU HAVE BEEN RAISED WITH CHRIST, SET YOUR HEARTS ON THINGS ABOVE, WHERE CHRIST IS, SEATED AT THE RIGHT HAND OF GOD.

COLOSSIANS 3:1

DON'T COPY THE BEHAVIOR AND CUSTOMS OF THIS WORLD, BUT LET GOD TRANSFORM YOU INTO A NEW PERSON BY CHANGING THE WAY YOU THINK. THEN YOU WILL LEARN TO KNOW GOD'S WILL FOR YOU, WHICH IS GOOD AND PLEASING AND PERFECT.

ROMANS 12:2

AND NOW, DEAR BROTHERS AND SISTERS, ONE FINAL THING. FIX YOUR THOUGHTS ON WHAT IS TRUE, AND HONORABLE, AND RIGHT, AND PURE, AND LOVELY, AND ADMIRABLE. THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE. KEEP PUTTING INTO PRACTICE ALL YOU LEARNED AND RECEIVED FROM ME—EVERYTHING YOU HEARD FROM ME AND SAW ME DOING. THEN THE GOD OF PEACE WILL BE WITH YOU.

PHILIPPIANS 4:8-9

FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF POWER AND OF LOVE AND OF A SOUND MIND.

2 TIMOTHY 1:7 (NKJV)

AFTER THE 21 DAY DETOX

Congratulations on finishing your 21-Day Brain Detox!

I imagine this journey was difficult, but over the last twenty-one days you have begun the important work of detoxing your brain of your toxic thought and planting a new healthy thought in your brain. On a biological level, what you have done over the last 21 days of your detox is created a new neural network in your brain.

You have, by taking your thoughts captive, begun to reshape your brain. Pretty awesome, right?

But this is just the beginning. Depending on how deep the roots of that toxic thought may be, you may just have begun your journey. I would encourage you to engage in as many cycles as necessary to remove the toxic thought and replace it with a healthy one until it is firmly planted in the part of your brain that controls 95% of your life - your non-conscious brain. Remember, when you first rode a bike every movement was intentional, but over time you could ride a bike without thinking about it.

So as you move forward, let me remind you once again of the following:

You are not a victim of your biology. You cannot choose what has happened to you, but you always choose how you react and think about what happened to you. Your predisposition may be real, but it is not your identity or your destiny.

You are the landlord of your mind. You don't have to think about everything you feel, but you will feel everything you think about. So evict the toxic tenants in your mind and replace them with new, healthy, and true thoughts about yourself.

You are wired for love. This is your default state. This is your norm. If you believe something that is incompatible with this, it is because you learned it. But the good news is, you can unlearn it. You can return to your original self, the one wired for love.

Take a few moments on the next page to journal and reflect on what you learned over the last twenty-one days and develop your game plan moving forward.

I am so proud of you. May we continue to “renew our minds” (Romans 12:2) and walk in step with the fully alive life we were created for.

Travis Clark
Lead Pastor

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