



FIVE DAY

BREAKUP CLEANSE



BAG THE TRASH

Create a list of fantasies and future plans that you visualized. Determine if any of these things can be done solo. Use this day to take a final look at pictures, text threads, and social media.



TAKE OUT THE TRASH

Mute or block your ex's social media and spend the rest of the day internet free. Delete the app from your phone for 24 hours. *72hrs if you are really serious.*



GOODBYE LOVE

Spend this day with your journal. Write a letter to your ex (*with no intent to send*) highlighting what you loved most about your relationship, what you did not like, what you learned about yourself, and ways that you will continue to grow.



HIGH VIBES

Cleanse your aura today. Listen to upbeat music, follow a vegetarian diet, eat vibrant fruits/veggies, and drink alkaline water. Set a timer for 15 minutes, put on your AirPods, and dance around your living room.



WELCOME BACK

Complete 30 minutes of cardio today. Get dressed up and go to the grocery store. Grab Chamomile tea, a book, fruit, and dinner to cook. Spend your night in lingerie eating dinner, reading, drinking tea, and eating fruit.



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Reflect on these truths during your cleanse.
Write them in your journal, say them aloud or
simply read them each day.

Purposeful Love

Every connection and relationship that I have encountered
throughout my life are purposeful even if they were hurtful.
I will experience true love, I deserve true love, and I accept
that the path to finding it will not always feel good.

Divine Timing

Time is only a construct and I will not allow it to make me
feel like I am running out of it. Although this connection
ended I did not waste time. I loved, had good times, and
grew. This connection is drawing me closer and not holding
me back.

Worthy of Love

There is nothing wrong with me and I will not create false
narratives about myself to soothe my pain. The only truth of
the matter is that we are not meant to be together and that
has nothing to do with my worth.

Healing is Coming

I must experience my emotions while still holding space for
new ones to surface. Fixating will only hold me in a space
of darkness. I will not create an emotional pit that I must
struggle to climb out of. Instead, I will accept what is and
trust that healing is on the way.

I LOVE YOU SIS. YOU GOT THIS.

♡ Kay