

The 30-Day Sexy Lie Cleanse

- **Media**
 - No “women’s” magazines
 - No body shaming media (television, movies, online videos, social media, etc.)
 - No selfies
- **Internal Tapes**
 - Reject body hating, habitual body monitoring, and female competition tapes
 - Journal daily about struggles with and strategies for fighting The Sexy Lie
 - Limit mirror time
- **Appearance**
 - Wear comfortable attire
 - Make intentional choices about clothing, hair, and make-up that appeal to you , not for others
- **Purchasing**
 - No new beauty products
 - No new clothing or accessories
 - No paid beauty services
- **Physical**
 - No restricted eating
 - Exercise 20 minutes a day
 - Be active and take up space
- **Planning**
 - Life Plan (Who do you want to be? What do you want to do in your life?)
 - Craft your personal mission statement
 - Set three personal development goals

The Sexy Lie is the idea that being a sex object is empowering when it’s actually harmful to girls and women. The purpose of this 30-day cleanse is to rid your mind of the damaging messages of The Sexy Lie. This program will enable you to

- **Identify and avoid toxic media messages;**
- **Recognize and reject internal “tapes” that harm your happiness and well-being;**
- **Claim the power to dress in accordance with what you find appealing instead of dressing for others;**
- **Reject corporate ploys to get you to unnecessarily consume beauty products and services;**
- **Redefine your body as the amazing physical tool that it is; and**
- **Set personal development goals that align with your values instead of the damaging values of The Sexy Lie.**