

Chapter 3

Time to Detox

Steps for Detoxing

1. **Step Off: AWARENESS** — You realize something hurts. There's a source of physical or emotional pain to address. Now isn't the time to broadcast your life by being onstage where you are expected to perform everything well.
2. **Step Down: DECISIONS** — You take the time to make the appropriate decisions which align with your new awareness about what you want, need, feel, and aspire to do more.
3. **Step Up: ACTIONS** — Here, you take the inspired actions that will spotlight your newly aligned roles which are now rooted in wholeness. Time to Detox the High-Performance Mindset (HPM)

Step Off

You start by acknowledging the issue. This **AWARENESS** is a strong voice shouting at you from the inside saying, “Enough woman!” You become aware once you acknowledge that something hurts and doesn't feel right. Your achievements and to-do list don't resonate with your whole being. Your desires aren't being met, yet your resources are flying off the bookshelf. You're becoming increasingly empty. There's a source of physical or emotional pain, and it's paralyzing your life. It needs to be addressed, and now isn't the time to be onstage, broadcasting your life for other's to view, comment on, and have opinions about. Pick another time. Now is the time to dive into some helpful resources that introduce you to who you really are, what you really want, and how you really want to feel, no matter what the audience wants.

Step Down

You've identified some helpful resources and learned new perspectives. You want to start trying them out in your own life. You take a magnifying glass to your own set of roles, obligations, needs, and schedule. Everyone has choices, and now it's time to make some **DECISIONS** that align with your new awareness about what you want, need, feel, and what you now aspire to based on your reflective, internal work. This is an inside job, folks. Creating new rules for your life regarding

how you'll spend your resources and what you will prioritize creates healthy boundaries around your hectic world.

Step Up

Shaking things up in your life can be messy, and stepping down to do the messy work of realigning with time commitments, relationships, and goals that resonate with who you truly are, surely created some internal conflict and ruffled some feathers with those around you.

“You're different.”

“You've changed.”

“You're making me uncomfortable” “Please go back to the way you were.”

The feedback isn't supportive all the time, especially if you've been making decisions based on what other people want from you, but now is the time to start performing from a new, healthier mindset. Pain is a motivator, and because you loved yourself enough to do the internal work, now is the time to have some fun and take inspired **ACTION** toward your goals. Now is the time to shine the spotlight on pairing your high-performance mindset with your newly found wholeness.

This book will take you and your high-performing mindset on a journey from living according to everyone else's standards to shining the spotlight inward, temporarily, so you can then step back out onstage and perform at your best. When the loudest claps are coming from within, it doesn't matter who else is clapping in the audience, and throughout our journey, you'll discover you perform your best when you are whole.

In the next few chapters, we will dive into what detoxing your high-performance mindset will look like in three specific areas of your life:

1. Self
2. Others
3. Success

As with most things we wish to improve, it's best to start with one's self. The greatest area of growth any of us have lies within us, and when you take time to get to know who you are, start listening to your intuition, and honoring your authenticity, you can then move into the relationships in your life. Who makes up your time? Who takes your energy? Who honors your worth?

Finally, we will dissect your current perspective of success and work on the alignment of your beliefs surrounding your current opinion of success to present a new way to perform onstage, at your best.

END OF SAMPLE CHAPTER

To Purchase High Performance Detox please go [here](#)

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*“As I wrote *High Performance Detox*, it became clear to me that the number one gift I have given myself throughout my life is a PAUSE. I hit the pause button when things went sideways, got a bit overwhelming, hurt, and when I strayed a bit off course. The pause wasn't a stop forever. It was the break I needed to become aware, re-assess, and get back to life without losing it. If you need encouragement to take a break when you're at your limit, and if you need/want a safe place to go, you're welcome here, anytime.”*