



# The Virtue of Cleanliness

Cleanliness means washing often, keeping your body clean, and wearing clean clothes. It is putting into your body and mind only the things that keep you healthy. It is staying free from harmful drugs. It is cleaning up mistakes and making fresh start.

## *You are practicing Cleanliness when you*

Keep your body fresh and clean

Put things away after you use them

Help keep your home neat and clean

Use clean language

Clean up your mistakes

## *Affirmation*

I keep my mind and body healthy and clean. I put my things and my life in order. I am willing to clean up my mistakes.

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