

# Emotional Detox Checklist:

Assess your current behavioral patterns to determine if you need an Emotional Detox.

- ☐ Do you feel emotionally drained or overwhelmed on most days?
- ☐ Do you often prioritize others' needs over your own, leaving little time for yourself?
- ☐ Are you holding onto past hurts, disappointments, or grudges?
- ☐ Do you experience self-doubt or negative self-talk frequently?
- ☐ Do you struggle to set and maintain healthy boundaries in your relationships?
- ☐ Do you find it difficult to focus on the present because of lingering emotional baggage?
- ☐ Have you noticed physical symptoms like fatigue, headaches, or tension related to stress?
- ☐ Do you feel stuck or unmotivated in your personal or professional life?
- ☐ Have you stopped enjoying activities or relationships that once brought you joy?
- ☐ Do you feel disconnected from your true self or purpose?
- ☐ Do you feel stuck or unmotivated in your personal or professional life?

Femtor Professional Motivational Coaching, LLC

