



THE FRESH LIFE
INTERNAL MAKEOVER
journey



MY WELCOME
MESSAGE TO YOU



PREP MODULE WORKBOOK 1



WELL, HI THERE, LOVELY!

Welcome and Thank You for choosing to be here.

I am so excited you are here! I am also honoured that you have chosen to be here. I know there are many choices out there, and I am so glad that you have made this one yours.

That being said, I just KNOW you are going to love what this Program has to offer you. I am so excited for you, because this is the beginning (or perhaps it is a continuation of), one of the most amazing journeys you could ever embark on, and I just know how much this Program is going to change your life, in so many positive ways.

As you probably already know by now, Fresh Life Journeys - *Your journey to heal-Thy Self*, is intended to be a place where I hope you feel you can always come and find all the best resources, as well as easy to apply solutions and tips, and the healthiest and tastiest recipes you need, to help you create your healthiest you through a Clean Eating and Clean Living way of life.

This Program is an extension of those intentions. The Fresh Life Internal Makeover Journey serves as a simple, step-by-step guide to help you start living the Clean Eating and Clean Living Lifestyle, so that you can achieve the kind of health and wellness you have always dreamed of, not only for yourself, but for your loved ones too.

Only the Best will Do...

I have researched and combined only the best, credibly sourced information, tools, tips, and recipes I could possibly find. My influences and inspiration come from those passionate, forward thinking, holistic individuals, doctors, specialists and professionals that I personally look to as my own Wellness Mentors.





You're gonna do great!

Some things may already be familiar, while others will be completely new. Stay open to it all. Take it all in. Some of this guide may be gently challenging. Even good change can be a little challenging sometimes, but I just know that you have it into you to do this.

Be proactive. Be Engaged. Take Action.

Probably the most important thing I can encourage you to do is to 'do the work'. As a great Mentor of mine, Marie Forleo always says: "Insight without action is worthless". So keep taking consistent action. Actions repeated, become habit. If you keep putting love and effort into yourself through the guidelines I'll be sharing, I just know you are going to see amazing results.

You are the key to ensuring that this Program will help guide you to create real, and lasting, powerful changes in your and your family's life, health and quality of life, forever, so make sure you read everything, do the homework and worksheets, participate in our live events, engage with all the other incredible Fresh Life Superwomen who are on this journey with you, through our loving and supportive Fresh Lifer's Community, and really explore what has been provided for you here on the Membership site.

There are some awesome Secret Bonuses I have created and shared with you in this Program in addition to actual Program - this 'Welcome Home' page is one of them. This 'Welcome Home' page is a fantastic, supportive Prep Week Module I created to help get you set up and ready for your Fresh Life Internal Makeover Journey. And be sure to keep an eye on the Secret Bonuses section, I'm sure you are going to love what you find in there, now and along your Journey!





You are a very important part of The Fresh Life Internal Makeover Program - your feedback will help make this Program, the best it can be!

I sincerely believe that what I have already created here is truly valuable, and I know you are going to love it all, however, we are just beginning our journey together, and although I have spent countless hours, and put much love and energy, into thinking deeply about what your needs might be, and how I may be the most helpful, and be of the most service to you though this Program, I am always open to the fact that as with all things in life, improvements can always be made. Each of us are beautifully unique, and I know that you are an amazing, spirited, worldly woman, with your own individual set of needs - needs that may or may not be fully met by this Program just yet.

It is my intention to keep adding, keep tweaking, and to keep improving this Program. To continue to work towards creating the most useful, helpful, and easy to use Program, for you and all the other incredible Superwomen who have joined us on this Journey. So please, get in touch, share your experiences, give feedback, ask questions, and share any suggestions or improvements you feel could be made to this Program, for the benefit of you and everyone else using it.

You will find a survey or feedback form, within the Program which you can access at any time, in order to share your feedback and suggestions. You can also contact me directly through the contact form, which you will find within the Program, or you can always just email me at sam@freshlifejourneys.com.

I aim to keep an open-minded and progressive approach in everything I do, and am always keen try ways to adapt, improve, and better my efforts whenever possible. I really want this Program to be the best it can be, but I can only do that if you tell me what you need, want, like, don't like, don't want. As long as suggestions honours the values of Fresh Life Journeys, and helps to create positive changes for everyone using it, I'll endeavour to





make as many of those suggested changes, additions or improvements as possible.

You already know that you have lifetime access to this Program. You'll have continued access, as the Program evolves. Yes, there is already a lot of fantastic content that already exists within the Program, but I also invite you to play an active part in the development of future versions of this Program, by sharing with me your valued feedback.

Once again, thank you for being here. I am so proud and honoured to have you be a part of The Fresh Life Internal Makeover Program, and to be a part of YOUR journey. I look forward to seeing where this Program will help take you, and what it will help you achieve in your life.

You are so ready for these incredible changes. You are already beautiful, and amazing. You have just decided that you want to be healthier, stronger, and more in control of your and your family's health. Remember that.

And of course, you are now officially a part of our amazing Fresh Lifer's Community of powerhouse Superwomen, and us Fresh Life Superwomen stick together!

Sending you the biggest hugs, and sunshine vibes, Gorgeous! Keep gently moving towards your healthiest you. Keep questioning and experimenting with this amazing thing we call food, this thing that sustains us, nourishes us... and keep loving yourself, on this, 'Your journey to healthy Self'

Our Fresh Life Adventure together begins, NOW!

XX
SAM

