



THE FRESH LIFE
INTERNAL MAKEOVER
journey



ABOUT THIS PROGRAM





WHAT YOU NEED TO KNOW ABOUT THIS PROGRAM

1. What is this Internal Makeover journey all about?
2. The gentle, baby, step-by-step approach...
3. Why is the Program 6 wks?
4. Consistent Engagement Creates Results...
5. What is the Ultimate Result this Program will help you to achieve?
6. Throughout this journey, remember Fresh Life Journeys' 80/20 Philosophy
7. You may have 'heard this all before', but stay open to the whole Program's experience.





1. What is this Internal Makeover journey all about?

I really believe that now is the time to respect and love ourselves and our bodies.

For too long, we have been punishing, dieting, detoxing, starving, pummelling, stressing, and pushing our Selves and our bodies for different results and reasons. I believe it is time to stop traumatising our bodies.

It seems crazy that we try such harsh and sometimes extreme methods to create 'wellness', when these forceful tactics are in complete contrast to the intended end result.

There always seems to be too much emphasis on fast results. Fast results usually creates fast-disappearing results.

Now is the time to be gentle with ourselves, and focus on small, baby-steps to gradually introduce kind, enjoyable, positive changes on our journey to true health and wellness. To learn about the Clean Eating and Clean Living way of life - a way to truly give ourselves a gentle makeover of every living cell of our body... from the inside out.





2. The gentle, baby step-by-step approach...

I have found, the more loving and gentle we are with our bodies, the better and more permanent the changes and results end up being.

A step-by-step approach is key, and the smaller the steps, the better. The most successful results come when consistent small actions are taken, then practised over and over again, so that they then automatically become habits.

FRESH LIFE FACT!

Consistent, repeated action, turns each Fresh Life baby-step into permanent, positive, healthy lifestyle habits - Fresh Life Habits!

3. Why is the Program 6 wks?

The Program is shared over 6 weeks, so that bite-size chunks of information can be delivered to you in manageable sections each week. This information is complimented with simple actionable steps, as well as delicious recipes and easy how-to's, to make implementing those small changes, possible.

The Program focuses on being considerate of your time, and focuses on your and your family's enjoyment factor, i.e. taste!

I wanted to space things out, and to create clear weekly Modules or 'sections' that introduces each of the steps I myself experienced and took on my own journey to living the Clean Eating and Clean Living Lifestyle.

I wanted information to be easy to understand, and most of all, for those insights to be practical and useful to you in every day life, which also helps to prevent overwhelm.





"BIG INSIGHTS, AND SIMPLE ACTIONS"

- Danielle LaPorte

The first 2 weeks are all about discovering personal insights and learning enlightening knowledge - there will be some fantastic activities to help you take action and apply what you have learnt. Then week 3, 4 and 5 are all about taking delicious action with our LIVE 7 Day Tasty Motivation Challenges, sharing simple recipes for you to make, enjoy and share your experiences within our private, loving and supportive Fresh Lifer's Community. And the last week is an implementation week, and provides a chance to be even more proactive making more clean eating, and delicious foods, continuing to interact within our Fresh Lifer's Community, plus a chance to give feedback on the Program, as well as having a chance to participate in live Q&A sessions, and more.

With lifetime access to the Program, you can go at your own pace through the Modules. You can be a part of the 6 week Fresh Life Internal Makeover Journey - every 6 weeks! Each round of the 6 week Program is run back to back, so you can join in as often as you like - you get to decide what suits you best and at what pace you like to go. And no matter what is going on in your life, we will always be here for you! To give you support, love, and encouragement through any ups and downs, and to share and celebrate in all your triumphs and positive lifestyle changes.





4. Consistent Engagement Creates Results...

The more you engage, the more baby steps you'll take, and by default, you will automatically start gently transforming the way you live, eat and treat your body. Your actions, along with the delicious and enjoyable changes that your family will enjoy along with you, will inspire those around you, helping to continue to reinforce the direction this Program aims to take you in. Even if you don't have the family onboard at first, you have myself, as well as our loving Fresh Lifer's Community to fall back on, anytime! Each activity, recipe and consistent action you take, is what this Fresh Life Internal Makeover Journey is all about.

5. What is the Ultimate Result this Program will help you to achieve?

By going through this Program, enjoying the delicious healthy nourishment, and being encouraged and supported as you gently implement what you learn, and actioning these proactive lifestyle changes, you automatically move you and your family toward permanently living your own ultimate, Clean Eating and Clean Living Lifestyle. A lifestyle that will give you and your family the opportunity to create and enjoy optimal health, longevity and the best quality of life possible.

6. Throughout this journey, remember Fresh Life Journeys' 80/20 Philosophy

As a gentle rule-of-thumb, whenever you feel overwhelmed, perhaps like when you are not able to be in control of your environment: maybe you are traveling, or enjoying a social event out with friends and family; or even just for those times you are out in the world and can't afford to be picky - when there aren't any healthy choices available... don't sweat it!

It's not the end of the world. Promise.





Just implement the healthy strategies, recipes and solutions you learn here in this Program, as often as possible. You can start by aiming for some, or more of the time, and then gradually move towards most of the time. I like to use 80% as an approximate percentage, and find this works quite well, but I too started at around the 40-60% range and gradually moved up as I kept developing more and more of these Fresh Life Habits.

The other 20% of the time? Well, that's just life! No beating yourself up, no packing your bags to go on a guilt trip, just enjoy the occasion, social event or time with family and friends, or weak indulgent moment, and then just get right back on that horse the next day, next meal, etc. You'll be able to get back on track more easily as time goes by. I know this from personal experience. Be gentle on yourself. But be persistent. You'll get there!

7. You may have 'heard this all before', but stay open to the whole Program's experience.

You may find that you are already familiar with much of the information that is presented in this Program. You may feel like you have seen or heard a lot of this information before. And you would be right to feel that way. This is because all of the real, true solutions for optimal health and wellbeing, are always based on the same basic, Universal, time-proven principles for good health.

I discovered along my own Journey, that all my Wellness Mentors, and all the great teachers and passionate health advocates out in the world, sharing the best information, just have their own unique way of presenting this same information.

We are all different and unique individuals, and we can hear great information from many sources, but it only really 'sinks in' when we resonate with the individual sharing that information, and can relate to them as a person, knowing that they truly care about what it is that they are sharing, who they are sharing it with, and it shows, that they live by what they believe





and talk about. That's us just following our gut instincts, and then and only then, does the information permanently permeate into our lives.

This has been my experience and I know it is so for all of us.

I know you are here because of this very same reason.

So I encourage you to keep an open mind and remember that this Program has been created with love, for you. With your success in mind. It has been designed in a specific way, with a sequence of actions and changes to help you achieve your goal of better health, wellness, healthy weight loss and quality of life.

I have thought long and hard about how I could take these simple, Universal, time-proven, health and wellness principles, and share them with you in the BEST, most simple, delicious and supportive Program ever.

I have shared with you exactly how I have come to experience and benefit from these health-giving principles in the hopes that I can help you become truly familiar with them, and help you to really understand how and why they are going to benefit you, and then help guide and support you as you experience them in a Fresh new way..

And so I encourage you to stay open to this experience, even if you have tried it all before. Take action and engage in the activities created for you. I truly believe they will help you to stay inspired on this Fresh Life Internal Makeover Journey you have embarked on, and I just know that you will carry these amazing insights, empowering knowledge, and positive, healthful tools and practices through the rest of your and your family's life.

