



THE FRESH LIFE  
INTERNAL MAKEOVER  
journey



HOW TO PREVENT  
OVERWHELM-CITY!





## HELPING YOU PREVENT OVERWHELM-CITY!

1. Simple Small Steps and Actions are Key.
2. Take It Slow.
3. Lifetime Access.
4. Support and Community





## **1. Simple Small Steps and Actions are Key.**

Creating our healthiest Selves, shouldn't make us feel overwhelmed. That's why I designed this Program the way that I have.

It's a pretty simple Program, but with a focus on big insights, followed up with simple, manageable and realistic actions!

Actions which cover some important aspects of Self Discovery in Week 1/ Module 1, which will help to prepare you for the changes you want to make, followed by access to your Empowerment Library in Week 2/Module 2, so that you can learn and revisit enlightening knowledge, at your own pace. The rest of the Program is all about participating in inspiring, interactive Healthy Sweet Treat making, Juicing, and Smoothie making challenges, which you will experience LIVE with all the other amazing Fresh Life Superwomen who are on this Journey with you.

## **2. Take It Slow.**

I encourage you to take each week slow. Experiment with the resources, recipes and guidelines, and slowly add or change what you are doing in your own life, one healthy habit at a time.

Participate in each week, one weekly Module at a time, and I even suggest sticking with each week until you have worked through everything available to you in that week's Module, before moving onto the next. This will ensure that this Program will only be a delightful and inspiring addition into your life, rather than just another stressful or pressure-orientated task you feel you have to complete.

It is better to make one or two positive changes, or keep taking a few simple actions, and keep doing those on a consistent basis, therefore making them a permanent part of your life, than to try and go extreme, making too many changes all at once, which will leave you feeling overwhelmed, which will have you reverting back to old habits, fast.





### **3. Lifetime Access.**

You have lifetime access to the Program and the information contained therein, for a reason. Each person's journey is their own. Our lives and journeys are unique in so many ways.

Your Fresh Life Internal Makeover journey - your 'journey to heal-Thy Self', is a personal one. It takes time to implement something new, even if it seems like the simplest thing in the world. It takes time to try, test, and experiment with things for yourself, as well as to make sure your family will be able to enjoy the changes too. It takes time to then apply these new steps and actions, so that a new healthy habit can 'stick'.

How long it takes is different for each person. What works for you may not necessarily work for someone else, and vice versa.

You need to allow yourself the time to find what works for you.

That is why this Program is designed to provide you with an environment in which to go at it at your own pace. This is what is going to truly help you create your own successful Clean Eating and Clean Living results. This is a very exciting aspect of this whole journey. You have all the power within you, and with these tools, everything you need, to achieve what you have set out to do here.

That being said, let this course be a reason for you to push yourself a little bit. To put some work in and use the resources to really make those changes you have always wanted to make. And don't give yourself too many reasons to be too easy on yourself either. You are going to be actively molding your life into the kind of healthy, full of vitality, lifestyle you have always dreamed of for you and your family!

And you'll have me, as well as a whole bunch of other amazing Superwomen, just like you, cheering you on...!





#### **4. Support and Community**

Having the support and a community that gets you, I believe is the most vital thing to helping ensure your success.

It is also another great tool to help prevent overwhelm.

Once you have joined our Private Fresh Lifer's Community (Facebook group), you will have access to one of the most incredible, loving, positively supportive community groups, ever. I encourage you to take the opportunity to introduce yourself, engage positively with everyone, and share your experiences. It's a great place to feel supported, understood, encouraged and empathised with. It is also a place where we will be able to celebrate you and share in all your positive actions, results and positive life changes that you will be creating and experiencing for yourself through this Fresh Life Internal Makeover Journey.

Our Fresh Lifer's Community can be an amazing space in which to hold yourself gently accountable - to participate in the group activities and challenges, which physically helps you to practice and therefore better embrace, the beautiful, gentle, and delicious principles of the Clean Eating and Clean Living way of life.

Our Fresh Lifer's Community serves to help you take consistent action, at your own pace and should never make you feel pressure in any way - it is there to help and support, not to stress you out. But also, let it be a place to gently hold yourself accountable - you hold yourself accountable to changing your life for the better with every activity you do and share within the Community, and for every event you participate in.

It's also a place where you will have direct access to me, through set hours and live events, to ask questions, get answers and interact with me personally.

I look forward to meeting you there!





## 5. Program Summary

A Program Summary will be included in the last week.

If at ANY time you feel too overwhelmed by the information or tasks you find throughout the Program (even though I have tried to make them as simple and enjoyable as possible), the Program Summary will define the main golden nuggets of the whole Program, and communicate them into a few simple guidelines that you will be able to use as a quick and easy reference guide in the future.

All the important bits of the Program can be summed up into just a few simple principles which you can follow and apply to daily life, all of which will help you to Reduce, Replace, and Remove the most secretly-‘Evil’ foods from your and your family’s life. The Program’s *Ultimate* Clean Eating and Clean Living Lifestyle Principles.

That being said, please try to go through each Module as it has been set out for you if you can. Take your time. There is no rush. Try not to skip sections only to wait for the Program Summary, I feel that you would be doing yourself a disservice if you did. The best way to benefit from the tremendous value, this Program has to offer you is to do the whole thing!

I just mentioned this, so that you would know in advance, that I have thought about how you might feel as you go through the Program, and to share with you the fact that you will have all the tools you need to help make implementing the Clean Eating principles you will be learning, into your and your family’s life, as simple, easy and delicious as possible. You CAN do this!

