



THE FRESH LIFE  
INTERNAL MAKEOVER  
journey



JOIN YOUR FRESH LIFE  
COMMUNITY



PREP MODULE WORKBOOK 6



## JOIN AND BENEFIT FROM YOUR FRESH LIFE COMMUNITY

Your Fresh Life Community is a safe, loving and supportive Private Facebook Group that has been created for the benefit of all those who have joined to participate in The Fresh Life Internal Makeover Journey.

It is a place to introduce yourself, share your Journey, and make new friends. It is a place where you will mutually give and receive encouragement as you take action toward living your best Fresh Life, from fellow FLIMJ participants.

It is a wonderful way to help you stay accountable on your Journey, especially when you can relate to other amazing Fresh Life Lovelies who are on the same Journey as you, and share in your ups and downs, and celebrate all your positive steps forward.

I will of course also be a part of this Group - I will be monitoring it, to make sure it is the loving and supportive environment it is supposed to be, and I will be frequently participating, giving encouragements and support and also answering questions as they come up. I trust that this Fresh Life Community will become one of your favourite places to feel the love, be positively inspired by others, and to feel supported along your Journey.

Get Involved and make sure that you become an engaged part of Your Fresh Life Community. It has the potential to help you achieve some fantastic and very positive results!

### **OBJECTIVE:**

**Join your Private Fresh Life Community Group to give and receive support and encouragement on your Fresh Life Internal Makeover Journey!**







## TAKE ACTION NOW!

### Activity 1 - Join Your Private Fresh Life Community

**DO THIS NOW:** Request to Join our Private Fresh Life Community Facebook Group.

Once I have approved your request to join (only paid members allowed), make sure you get in there and introduce yourself. Share what your hopes are for having chosen to participate in this Program. What is your dream outcome from joining and participating in this Program?

#### Here's how:

**Step 1) Sign up for a Facebook account if you haven't already got one.** You can do so here: <http://facebook.com>

**Step 2) Request to join our Private Fresh Life Community Facebook Group.**

Go here: <https://www.facebook.com/groups/privatefreshlifecommunity/> and click on the + Join Group button. You will be added to the Group within 24 hours.

If you have any problems just email me at: [sam@freshlifejourneys.com](mailto:sam@freshlifejourneys.com)

**Step 3) Introduce yourself and tell us why you are here!**

This community is a loving, supportive environment that has been created to help you be connected to me, to other women just like you, and to encourage you to participate, the action and have some loving and supportive people to be accountable to.

We look forward to meeting you so please hop on and share with us a little about yourself





### **Some Community Tips:**

The more we give the more we receive. For every bit of encouragement and for all the positive words of support you receive, give it out to your fellow Fresh Life participants, twice over.

Be positive, loving and supportive to others, and you will receive oodles of loving support in return. This way, you will gain the most benefit and enjoyment from your participation and involvement in our Fresh Life Community!

### **Community Guidelines**

Please remember that our Fresh Life Community is a safe and sacred place for all. It is a place to share with each other our thoughts and feelings as we each of us travel on our own personal journeys toward living our best Fresh Life.

It's a place to share inspiration and to be inspired and encouraged by each other. It is a positive, giving place, and negativity will not be tolerated. It is a place to connect and make friends and be of loving support to one another.

There is a zero tolerance for negative energy and words - no bullying, drama or gossip is allowed here. Don't judge others. Don't make others feel like they should be further along in their journey than they already are. Each of us has our own way of doing things, at our own pace. We must consider and respect this of others. We may not all have exactly the same views but we are in this Community to interact with those who share the same goal of finding what makes us each happy, healthy and content with our bodies and our wellbeing.

Treat everyone with love and acceptance, and practice compassion and empathy toward others at all times. We can share our own point of view, but we should always do so with respect, good intentions and using kind, considerate words.







Failure to do any of the above could result in immediate and permanent removal from our Fresh Life Community without a refund. If you feel someone isn't respecting our Community Guidelines, you can email me directly: [sam@freshlifejourneys.com](mailto:sam@freshlifejourneys.com).

Give more than you take. Help and support your fellow Fresh Lifers, it will come back to you in more ways than you can imagine. We are all here for the same reasons.

Don't spam, mass mail or violate any of your fellow member's privacy. Do not email or contact other members without their permission. This is purely a support group and is not a place to network for work or business reasons, under any circumstances. Violating this is grounds for immediate removal without refund.

Fresh Life Journeys is not affiliated or partnered with Facebook as a company, therefore if they change their terms or decide to start charging for Facebook group, that may limit or remove our ability to keep this Facebook Group open and running. Similarly, if Group guidelines are not honoured, this Group may in that event, also be shut down.

This is not a professional support group or a place to receive accredited therapy or other professional medical, or other, advice. Please refer to the Program's Disclaimers. We share loving support and encouragement in a kind and considerate way, but this is not the environment for deeper psychological counselling nor to help solve each others medical or health concerns. We refer only to supporting each other in taking positive steps towards living more of a clean eating and clean eating lifestyle through delicious recipes, inspirational action taking and sharing our own experiences due the actions we have decided to take for ourselves. We are each of responsible for our own health and wellbeing and it is not the responsibility of anyone here in the Community. Always consult your health care professional before making any changes to your diet and lifestyle.

Opinions advice and all other information expressed by members in discussions or comments are those of the author. You rely on such







information at your own risk. Members are urged to seek professional advice for specific, individual situations and personal circumstances, and not rely solely on advice or opinions given.

What happens if you don't follow the Guidelines?

Hopefully this never happens, but if it does, here's what might happen...

Posts may be deleted without notice. If it is reported and/or deemed inappropriate, it will be removed.

We might reach out to you and say that you're in violation of our Fresh Life Community guidelines, and therefore in violation of our Fresh Life Internal Makeover Journey Program terms and conditions. You will be given the benefit of the doubt, but there is low tolerance for violations in order to protect the integrity of the Program and our Community and the experience for all our members.

Our lawyer might reach out to you.

We might permanently remove you from the Fresh Life Community and FLIMJ Program.

### **AN IMPORTANT NOTE**

*This Facebook Group is not mandatory or a given. If you cannot or will not agree to the guidelines and rules below, we recommend that you remove yourself. We will not tolerate speculation, veiled threats and accusations or unethical and malicious behaviour of any kind, will not be tolerated. Nor will we tolerate drama, speculations about other Fresh Lifers or disrespectful comments about Samantha, our team or the Program. You paid for The Fresh Life Internal Makeover Journey, and the content is yours for life. That will not change. But if you cannot participate within our guidelines, you will be removed from this FB community.*

