



THE FRESH LIFE  
INTERNAL MAKEOVER  
journey



YOUR MAP TO  
ANSWER ISLAND





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## AN INTRODUCTION TO THIS WEEK'S MODULE,

Plus some insights about

## THE FRESH LIFE INTERNAL MAKEOVER JOURNEY BLUEPRINT

*Your map to Answer Island!*



Let's start this **Love & Prep Yourself Module** with a lovely visual reference - I love sharing why the beach is such a big inspiration for this Program (and indeed Fresh Life Journeys as a whole).

The Beach is the perfect symbol for our ultimate, **Best Fresh Life**.

It truly is a great representation or metaphor, for living the Clean Eating and Clean Living Lifestyle.







We all LOVE the beach!

We love it because it makes us FEEL a certain way.

It makes us feel fresh, renewed, relaxed, and connected to Nature. Even just *being* at the beach makes us feel healthier.

Having our feet in the sand, grounds us and connects us to the Earth's frequency.

Swimming in the ocean makes us feel refreshed and renewed.

Lying on the beach makes us feel rested, relaxed and rejuvenated.

Feeling the sun on our skin makes us feel warm, embraced, and content, like all is right with the world.

The beach brings us back to, and firmly plants us in, the present moment.

It reminds us of all the best things in life: feeling good; being full of life; feeling energised; having fun; being carefree; enjoying Summer, and along with it, all the freshness of clean Summer foods: fresh fruits; hand-picked foods; picnics on the beach; fresh juices, and refreshing, crispy salads, washed down with ice-cold smoothies, or drinking coconut water straight from a fresh coconut... all these activities feel fresh, and cleanse and renew our bodies, minds and souls. Quite literally!

And that's EXACTLY what this, your **Fresh Life Internal Makeover Journey**, is all about.

Taking all those beautiful, feel-good elements we love and enjoy about being at the beach, and incorporating, living and experiencing them in every moment of our every day lives.

We all want to live the **Fresh Life Lifestyle**, otherwise you wouldn't be here, and yes this Program IS going to show you exactly how to do that...





But, first...

We need a map to get to the beach!

We all want to experience what it feels like to be on *Answer Island* - experience living our **Best Fresh Life**, but we need to go about it the right way, or we gonna get 'lost at sea' like we have been in the past.

Fresh Life Superwomen want to learn how to fly, not end up drowning in more confusion and other such obstacles.

A tried and tested blueprint is therefore the order of the day...

So, quickly open up your **Fresh Life Internal Makeover Program BLUEPRINT - *Your Map to Answer Island***, and I'll show you what I mean...

Open it up so you can refer to it as I talk you through this introduction.

Got it open, yet? Ok, great!

This blueprint reveals my thought process behind all the **Fresh Life Baby-steps** of this Program. Although I should just say, that this is an exact sharing of my own personal experiences, the steps I took on my journey... all mapped out for you... Woohoo!

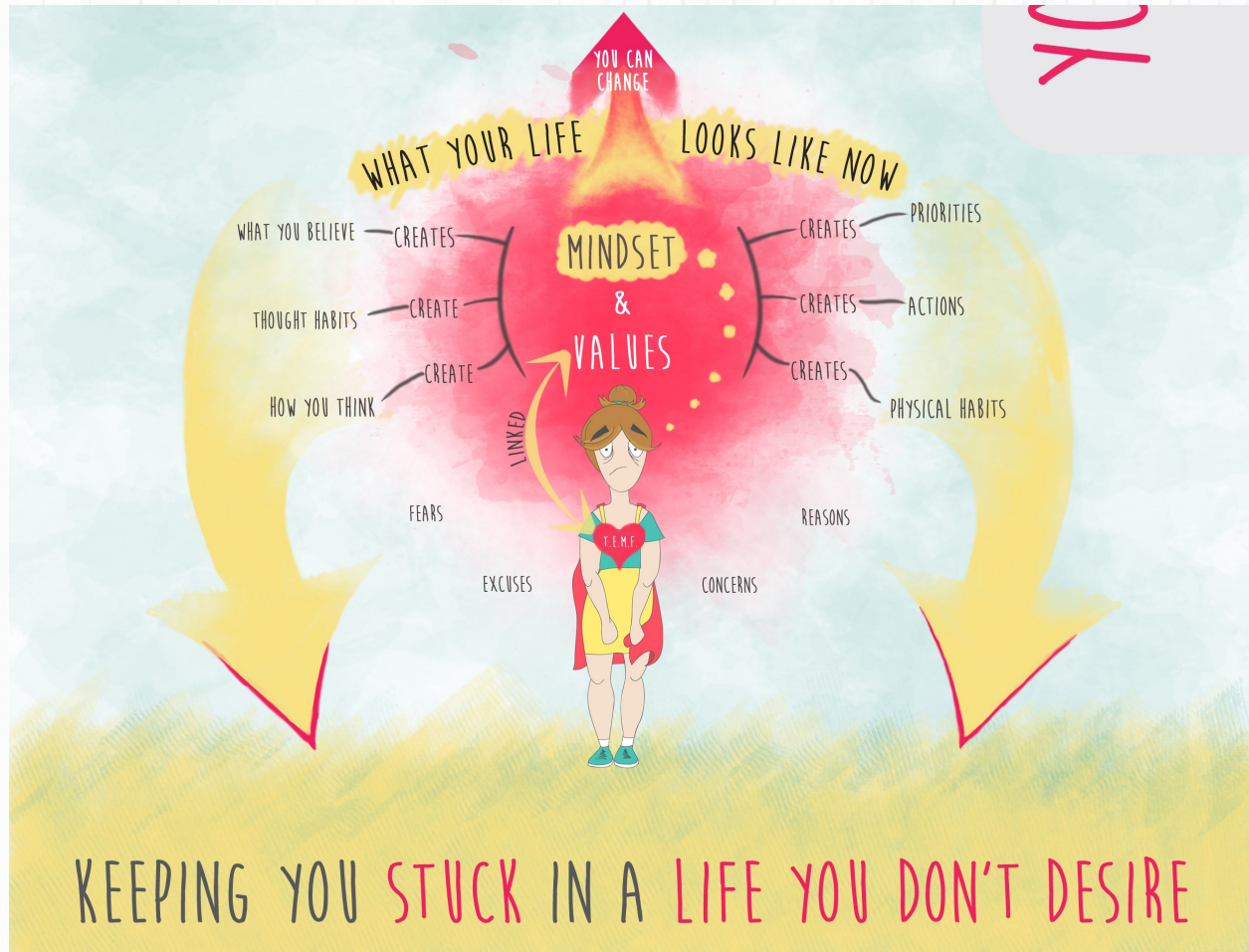
You wanted a map to Answer Island, you got it!

This **BLUEPRINT**, or 'Fresh Life Map', is precisely what worked and still works for me... The whole Program is a detailed extension of this map - this is just an overview, but it highlights a couple of things I want to bring to your attention.

Take a look at the map... you can see where I started from (bottom of the map).







This may be exactly where you find yourself right now.

You might be unhappy with where you are at, or perhaps you have already started on your journey but you want to improve on where you find yourself.

You want to feel even more amazing, but it's like you just don't know exactly how to get there.

There is fear of the unknown, but you just don't have the time or the energy to keep digging around for answers, or to find your own way.

You don't want to keep flailing around, hoping you'll eventually 'get there'.

Not having those answers makes us feel stuck. I too have been here...







Luckily, I've chartered the waters, gained a boat load of insights, and have brought all the answers together for you in this Program.

Answer Island is not far away, but in order to get you on that boat, so you can get to that beach, and start really enjoying **Your Best Fresh Life**, you'll need all the right tools to help you tackle possible obstacles that tend to frequently come up.

If you are prepared for the inevitable obstacles, and have the tools to navigate through them more effectively, you can prevent them from getting in the way of you achieving what you have set out to do.

Obstacles - and I prefer to call these 'temporary obstacles', that have in the past, and indeed may still in the future, sabotage your chance of successfully pursuing **Your Best Fresh Life**, will not hold you back in this program.

**Why? Because we are going to work through them together!**

**Main (Temporary) Obstacles include:**

1) **Ourselves!**

*You can see on the map that our mindset is the gateway to getting you safely 'on-board' your Fresh Life Internal Makeover Journey..*

Silly thoughts, pre-conditioned beliefs, our whole mindset in general, can really influence our outcomes; Not understanding our values and priorities, and not being fully aware of what deeply drives us and motivates us, plus, not knowing how to tune into our own body awareness can all in some way or another, prevent us from achieving our goals.

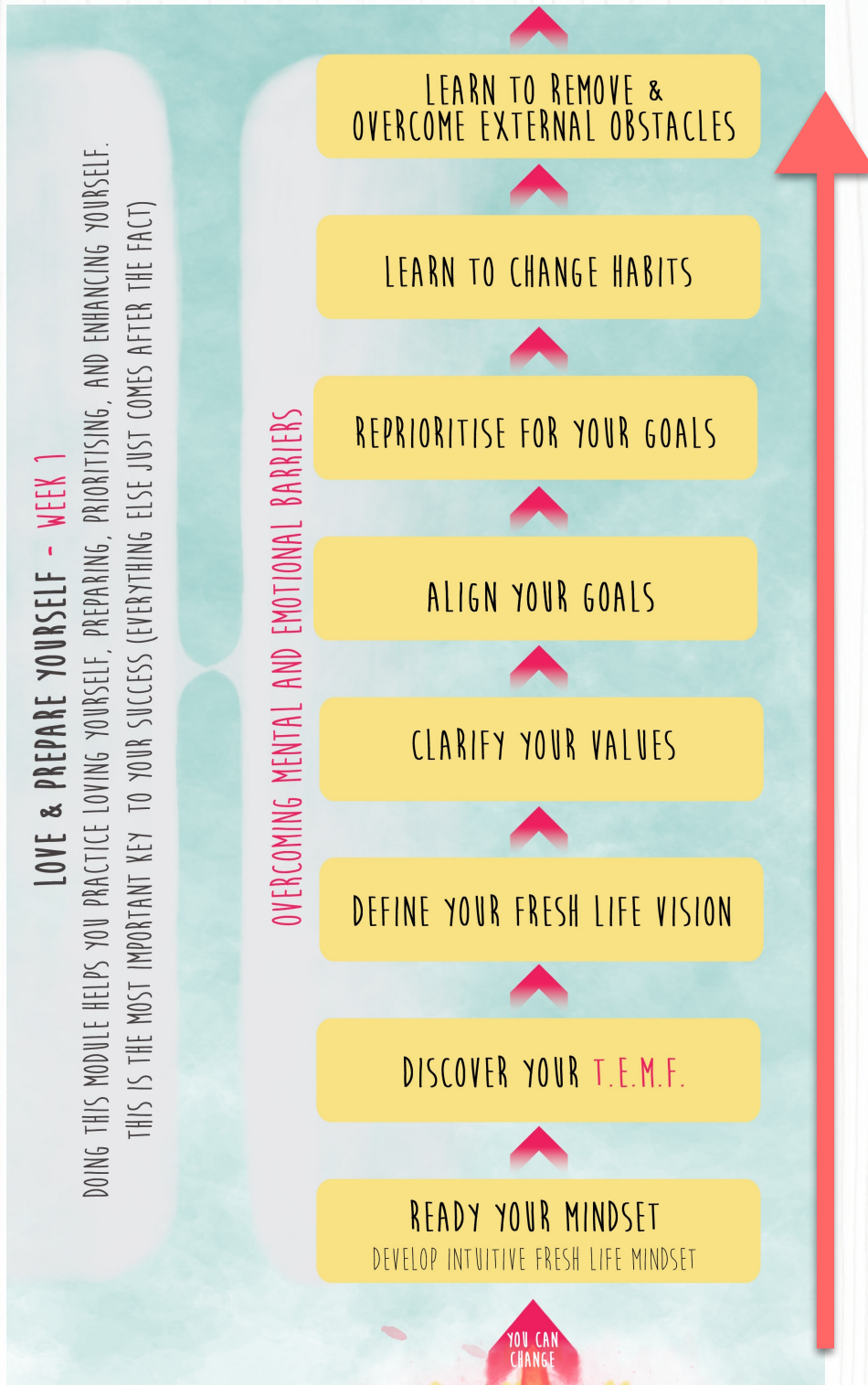
Plus, it's just as important to learn how to deal with those around us, so that we can inspire support, rather than encounter resistance from the people we spend the most time with or live with.







This is what we are going to be tackling in this week's **Module - Love and Prepare Your Self** Module!



Baby-steps start from the bottom, and move up to the top...

This illustrates how all the steps in Module 1, will help you **Love and Prepare Your Self** for overcoming mental & emotional obstacles.







Once you have gone through everything in **Module 1 - Love and Prepare Your Self**, you will be truly ready to make long lasting, beautiful, healthful changes using the rest of this Program in the weeks to come.



2) **Information...**

*You can see on the map that Answer Island is all about leading you to real answers and credible information, which is the next vital step of your Fresh Life Internal Makeover Journey...*

Fear of the unknown causes a lot of worry, and also creates feelings of frustration, helplessness, anxiety and stress, which is why I am so excited to share the information, references and other resources that you will be able to access through this Program. This will help you to become empowered with credible knowledge.

We will be tackling all this in next week's **Module 2 - Access your Empowerment Library Module!**







This 2nd set of Baby-steps from bottom to top, illustrates how all the steps in Module 2, will help you become empowered with knowledge by overcoming information obstacles.

Many of our real life 'struggles' are caused by these 2 main (but temporary!) obstacles: Mental and Emotional obstacles, and Intellectual obstacles... we need to turn those obstacles into motivation!

Which is why the first 2 weeks/Modules of your **Fresh Life Internal Makeover Journey**, help you:

- 1) Create your **Fresh Life Mindset**, and help you clarify your **Fresh Life Vision**, which will help you overcome mental and emotional barriers/obstacles and turn them into Mental & Emotional Motivation! (COVERED IN THIS MODULE).
- 2) **Access your Empowerment Library**, and become empowered with credible knowledge, so you can overcome those information barriers/obstacles and and turn them into Intellectual Motivation. (COVERED IN NEXT MODULE)







These 2 stages of your Journey, makes for a very, very powerful combination, and I believe this marriage between Mental/Emotional Motivation and Intellectual Motivation, is the key to having the best opportunity for creating your own successful results, and will help you get the most out of your **Fresh Life Internal Makeover Journey**.

And the rest of the Program...? = Incredibly simple and delicious clean eating principles, recipes and activities to participate in via Live Challenges shared in our loving, supportive **Fresh Life Community**.

Practicing living the Clean Eating Lifestyle, so you can start feeling on top of the world...

So you feel like you are *flying* toward your **Fresh Life Vision** of living **Your Best Fresh Life!**

