



YOUR VALUES AND
FRESH LIFE VISION
DISCOVERY SESSION





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Please note: Remember to go through the content and complete the activities at your own pace. You can never fall behind because this Journey is your and yours alone, and only you can decide how fast you want to work through everything. Do a few activities at a time and then take a break, or come back to it later - complete things as you are able to make time for them. If you feel overwhelmed by any of it, or you feel like you don't have all the answers, be gentle on yourself and take a break. Go do something creative. Get your mind of it. And come back to it when you can make the time to go return to it with a Fresh mind... It will all be here for you as and when you are ready. Creating Your Best Fresh Life is not a race.

Workbook Description:

This Module is all about continuing to tackle the 'mental' and 'emotional barriers' that can get in the way of us achieving our best results so that you can start living **Your Best Fresh Life**.

We all have reasons why we can't seem to prioritise and achieve the results we desire. This has a lot to do with the values we hold dear. These behavioural patterns can seem hard to break, but with a little bit of insight, and by creating some awareness around why this happens, we can empower ourselves to create the real, permanent changes that we have always wished to create in our own health and wellbeing and that of our family and loved one's as well.

There is also something even more powerful that can be used to accomplish goals and help you achieve successful results, and that's clarifying and harnessing the ultimate Vision, **Your Fresh Life Vision**, that you have for your life.

This Module is designed to compliment everything you learnt and discovered in **Workbook 1: Ready Your Fresh Life Mindset**, so that you will feel fully, mentally prepared for your Journey ahead.





“CREATE THE HIGHEST, GRANDEST VISION POSSIBLE FOR YOUR LIFE, BECAUSE YOU BECOME WHAT YOU BELIEVE.”

- Oprah Winfrey

Learning Objectives:

- You will learn more about the ‘mental’ and ‘emotional barriers’ that can manifest as Reasons, and Excuses, plus how to recognise and turn them around to work for you instead of against you.
- You will learn more about the relationship between your Priorities and Values and how they relate to your Goals, so you can start to recognising the patterns that keep you stuck experiencing the same frustrating results, plus you will discover how you can turn this into a powerful tool for creating your desired lifestyle changes.
- You will learn about the deep emotional motivators that drive sustained action, and how they shape your Values, plus you will find out how you can use this awareness to clarify the Vision, Your Fresh Life Vision, that will help you achieve successful results on your Journey forward on this Program.
- You will come to understand how your Values and Your Fresh Life Vision will allow you to sustainably create new behaviours and take the action necessary for real, powerful and permanent changes in your and your family’s life for the better, so you can live Your Best Fresh Life, now and into the future.

“IF IT DOESN’T CHALLENGE YOU,
IT WON’T CHANGE YOU.”

- Fred Devito





These tools are something you can use in all the areas of your life - much of what you learn in this section, and the whole of this week's Module, can be applied to every part of your life, which is why this Module is one of my favourites! Enjoy!

Activities:

I've listed all the activities here so you know what to expect, but don't let the number of them overwhelm you. Everything is all laid out for you and it's easy to complete - all the answers already exist inside you!

...a continuation of Activities after Workbook 1 - Ready Your Fresh Life Mindset...

- **Activity 9 - What are Your Goals for Your Journey with this Program?** (write a few lines).
- **Activity 10 - What are Your Reasons?** (fill in your 10 Reasons).
- **Activity 11 - Change the Language of Your Reasons.** (fill in a few lines).
- **Activity 12 - Do you Love (and Care for) Your Self enough?** (fill in a few lines).
- **Activity 13 - What do You Prioritise?** (fill in the questionnaire - only a few sections to fill out).
- **Activity 14 - What are Your Top 5 Highest Values?** (fill in your 5 top Values).
- **Activity 15 - Compare Your Priorities with Your highest Values.** (fill in a few lines).
- **Activity 16 - Compare your Goals with your Highest Values.** (fill in a few lines).
- **Activity 17 - Visualisation Session 1:** (fill in the questionnaire - allow 10-15min to fill out)





- **Activity 18 - Visualisation Session 2:** (fill in the questionnaire - allow 10-15min to fill out)
- **Activity 19 - Visualisation Session 3:** (fill in the questionnaire - allow 10-15min to fill out)
- **Activity 20 - Practise Reprioritising.** (to live your Best Fresh Life). (fill in a few lines)
- **Activity 21 - Changing Your Priorities.** (fill in a few lines)
- **Activity 22 - Create Your Fresh Life Vision Board.** (take as much time as you need - create & have fun!)

Additional Worksheets, Tools and Resources:

- **Worksheet download - (for Activity 17) Visualisation Session 1 & 2: Discovering Your TEMF's - Your True Emotional Motivating Factors**
- **Worksheet download - (for Activity 18) Visualisation Session 3: Clarifying Your Fresh Life Vision**
- **Overview download - ALL Module 1 Mental and Emotional Barriers Steps.**
- **References and Additional Resources page.**

**“VISION WITHOUT ACTION IS MERELY A DREAM.
ACTION WITHOUT VISION JUST PASSES THE TIME.
VISION WITH ACTION CAN CHANGE THE WORLD.”**

- Joel Arthur Barker





FIRST THINGS FIRST... DO THE FOLLOWING:

(Activity 9)

TAKE ACTION NOW!

Activity 9 - What are Your Goals for Your Journey with this Program?

DO THIS NOW: Write down what you really want to achieve through this program? What are the goals that you have for you and your health, wellbeing, and life by doing this Program?

We will be referring back to this later...

The things that rule our life...

We all operate based on just a handful of key factors, which are unique to us as individuals.

They are the mental determining factors that create the cause and effect in our lives. We already discussed Mindset which deals with the beliefs we have about ourselves and the world around us and how it can affect our outcomes.





But there are more layers to uncover... factors we must consider, become aware of and Master in order to create the life we dream of.

Sometimes having the right practical information and physical resources might be what stands in our way. These factors can easily be overcome.

The mental obstacles however, can be the determining factor that totally prevents us from creating our desired outcomes. Mental obstacles can be strong, and they are usually the invisible hurdles, that are powerful enough to stop us from pursuing and making our dreams become reality.

**“CHANGE THE WAY YOU THINK,
AND YOUR RESULTS WILL CHANGE.”**

- Samantha Wyatt

Remember what we discussed at the end of your very first Activity: **Activity 1 - Identify your Concerns and Fears** We talked about the following two distinct areas, that are the *main* factors that act like barriers - sabotaging our progress as we work towards any new goal:

1. The ‘mental’ and ‘emotional barriers’, and
2. The ‘information barriers’.

To help you get the most out of this Program, we are tackling not one, *but both* of these areas, so that you have the best opportunity for creating long lasting, positive lifestyle changes for yourself and your family.

1. ‘Information barriers’ are the easy bit, and as I already mentioned, in **Week 2 / Module 2**, you will gain access to your **Fresh Life Empowerment Library**, and those ‘information barriers’ will gradually start to melt away. Plus, you’ll be given practical tools, recipes and





guidance to help you live **Your Best Fresh Life**, using all the new information/knowledge you will be learning.

2. However, before we get into all that, we're starting with this **Module 1 - Love, and Prepare Your Self**, which is all about making sure you have tools to help you address any 'mental' and 'emotional barriers' that might get in your way. Otherwise, they could quite literally keep you stuck in your old ways, and in a life you don't really want.

These 'barriers' are universal. All of us experience one or many of these hold ups along the way, so understanding, listening and honouring what is deepest in our minds and most important in our hearts is what is going to get us over the 'finish line'.

**"BY FAILING TO PREPARE,
YOU ARE PREPARING TO FAIL."**

- Benjamin Franklin

Let's explore this further...

Universal Behaviour - The Reasons we use to stay stuck in an undesired life...

Most of us have every intention to look after ourselves better, to be healthier, to do more for our wellbeing, and to live the life we truly want for ourselves (and our families), but we are consistently sabotaged by our own thoughts, old habits, learned behaviours and childhood/life conditioning.

We tend to look to things that are outside of ourselves as the Reasons why we are not taking the actions necessary to shape our lives into the one we desire. We can believe, and feel like there are things, events, people, in our lives, that prevent us from making change happen. And we can believe that they are all totally outside of our control.





I too, have wrestled with these same issues myself.

“THOSE WHO WAIT FOR CHANGES TO OCCUR ON THE
OUTSIDE, BEFORE THEY’VE MADE CHANGES ON THE
INSIDE, WILL NEVER MAKE ANY CHANGES AT ALL.”

- Unknown

The first thing to do is to recognise the Reasons you feel, prevent you from taking more action so that you can turn them around, and start living **Your Best Fresh Life... (Activity 10)**





TAKE ACTION NOW!

Activity 10 - What are Your Reasons?

DO THIS NOW: Fill in your Reasons below.

Write down all the Reasons that stand in the way of you leading your best, healthiest lifestyle. Write them ALL down, every single one of them. No one is going to see this. This is for your eyes only, so be honest. Get all those Reasons written down.

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____

Reason 5 _____

Reason 6 _____

Reason 7 _____

Reason 8 _____

Reason 9 _____

Reason 10 _____

More _____



“AS LONG AS YOU PUT THE BLAME OUTSIDE YOURSELF,
THERE CAN BE NO HAPPINESS.”

- Lama Zopa Rinpoche

Could your Reasons just be Excuses?

A REASON, NOUN

1. an explanation, or justification for an action or event.
2. The basis or motive for an action, decision, or conviction.

AN EXCUSE, VERB OR NOUN

1. a reason or explanation put forward to defend or justify not doing something.
2. to release oneself from a required action.

Have a look at the above definitions for Reasons and Excuses... Interesting, yes!? Both have very similar definitions, and are almost interchangeable...

Let's just be honest here, we all have Reasons for not doing things, but most of the time, *they are just Excuses!*

Now I am not talking about Reasons that literally, physically, can't be changed... as an example, I lived and worked on cruise ships for 7 years of my life, so going shopping for fresh food at a farmer's market and making my own clean, home made, whole food meals was NOT an option, I had to make do with what was available to me on the ship. THAT was a valid, *unchangeable* reason I couldn't be healthier at that time (although I used to





secretly make smoothies in my cabin!). I use this extreme example, so you get my point.

I am also not talking about Reasons that need to be fixed with physical solutions like information (to improve knowledge), and having the right tools (like having the right resources, recipes, ingredient information, and other tools) - this is understandable. I have SO been there!

Reasons like, “I don’t know what I should and shouldn’t be eating”, or “I am so confused by all the conflicting health and wellness info out there”, are valid Reasons, but they are *changeable* Reasons. These are ‘information barriers’ that will be swiftly dealt with once you gain access to **Module 2, Your Fresh Life Empowerment Library**.

And one of the best things about **The Fresh Life Internal Makeover Program** is the fact that you are going to benefit from all the work I did finding credible answers and reliable resources over these past 4 years, so that these types of Reasons will no longer prevent you from pursuing **Your Best Fresh Life**.

But what I *AM* talking about, are the Reasons we *unwittingly use* as Excuses.

“DON'T LET YOUR EXCUSES BE THE REASON YOU DON'T GET TO LIVE YOUR DREAM LIFE.”

- Samantha Wyatt

Please note: This section is not about scolding you for having Excuses, not at all. On the contrary, this Section is going to reveal to you *WHY* we use Reasons (aka Excuses) to *not* take action in the first place, and exactly *HOW* to turn them around so that they become the Reasons for you *TO* take action.

Cool huh!





Are they Reasons/Excuses or just not a Priority?

Let's look at the definition of a Priority...

A PRIORITY, NOUN

1. a thing that is regarded as more important than another.
2. the fact or condition of something being regarded or treated as more important.

Here is the plain truth of the matter. Everything we do in our lives, we *only* do if it is a Priority.

I love what Laura Vanderkam has to say about this. She is the author of, *I Know How She Does It: How Successful Women Build Lives That Work*, which is based on a time diary study of 1001 days in the lives of professional women and their families. (Amazing!)

"IF YOU REALLY WANT TO DO SOMETHING, YOU'LL FIND A WAY. IF YOU DON'T, YOU'LL FIND AN EXCUSE."

- Jim Rohn

Let's look at one of the most common Reasons (aka EXCUSES!) we like to usually come up with... *TIME*.

Please Note: You can replace the word 'time' with any other words you might already be using in your own Reasons/Excuses. Words like, 'energy'; 'motivation'; 'money'; are all good examples. Just try them for yourself...

Here is what Laura says:

"Instead of saying: "I don't have time", try saying: "It's not a priority", and see how that feels.





Often, that's a perfectly adequate explanation. "I have time to iron my sheets, I just don't *want* to."

But other things are harder. Try it...

"I'm not going to edit your résumé, because it's not a priority."

"I don't go to the doctor because my health is not a priority."

If these phrases don't sit well, that's the point. Changing our language reminds us that time is a choice. If we don't like how we're spending an hour, we can choose differently."

Boom! Thank you Laura.

I just love this. Finding Laura's words confirmed what I already believed to be true. Although it's not *only about* changing the language of our Reasons - we do need to go a little deeper...

**"YOU ALWAYS HAVE TIME FOR
THE THINGS YOU PUT FIRST."**

- Unknown

But before we do go deeper, let's use this bit of insight to get even more real with ourselves. **(Activity 11)**





TAKE ACTION NOW!

Activity 11 - Change the Language of Your Reasons

DO THIS NOW: Take the Reasons/Excuses you gave in **Activity 10** - What are your **Reasons**, and rephrase them by adding, 'because it's not a Priority.'

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____

Reason 5 _____

Reason 6 _____

Reason 7 _____

Reason 8 _____

Reason 9 _____

Reason 10 _____





DO THIS AFTER: You can take this one step further (which I did myself), and elaborate truthfully about exactly why your Reasons are not a Priority.

To show you what I mean, here is *my* top Reason from back in 2012 (before I started living **My Best Fresh Life**) and truthfully, why I felt that I didn't Prioritise it:

Sam's #1 Reason: *___I'm too busy at home/work to make time to do all the things I need to do, to be heathy _____ because it's not a Priority_____ because I don't Prioritise time for what I need to do for me_____.*

Interesting, yes!?!?

"UNTIL YOU VALUE YOURSELF, YOU WILL NEVER VALUE TIME. UNTIL YOU VALUE YOUR TIME, YOU WILL NEVER DO ANYTHING WITH IT."

- M Scott Peck

Making ourselves (and our health and wellbeing), a Priority.

Most of us want to have better health and wellness but we don't actually Prioritise what it takes to achieve it. At times it's because we don't know how. Fair enough. Sometimes, it's because we have been conditioned to treat our bodies differently, which will take a little time to unlearn (totally possible), but most times, it's because we are Prioritising everything else, over and above our health and wellbeing.





In order for us to be able to create and live a lifestyle that gives us the best opportunity to experience optimal health and wellbeing, we must be willing to make the changes necessary to do so. Will power and desire are good starting points, but they won't provide the sustained motivation needed for your whole Journey. Figuring out what will provide long lasting motivation is key to you creating successful results.

We have to first start by being honest with ourselves and delving deeper into what is motivating us to stay in the patterns we currently find ourselves in (which keep giving us the same old results), before we can then proactively take action and change them so that we can get the results we do want. And how we do that is by finding out what we truly Prioritise, and *why*.

Big shifts in life, calls for us to try new behaviours and new ways of being. We have to then repeat these new behaviours often. We have to practise, practise, practise. We have to keep practising until these new ways of being become permanent, automatic habits. This is what creates real, long-term, lifestyle changes.

**"TO CHANGE YOUR LIFE,
YOU NEED TO CHANGE YOUR PRIORITIES."**

- Stephen Covey

So what do we need in order to make these new behaviours and ways of being, stick? If we don't *perceive* them to be a Priority, then we won't *make* them a Priority. We won't have the sustained motivation to keeping practising these new behaviours in order to form new habits, and we won't do the work that's necessary to make those new habits, a permanent part of our lives.

As women, we tend to Prioritise everyone else, and everything else that's going on in our lives. We tend to put ourselves last. We place more





importance on those things, over and above our own health and wellness needs.

I think it's interesting that for all my Reasons I gave (yes, I do all the Activities myself too - gotta test and make sure they work great for you!), my Priorities always led *away* from me loving, caring and dedicating time to myself, my health and my own wellbeing!

Now that you have rephrased your Reasons with the words, "because it's not a priority", and thought about why those Reasons aren't a Priority, consider now adding the following at the end of those statements: "because my health and wellbeing is not as important as everything and everyone else around me..."

Pretty spot on, yes!?

To show you what I mean, I have again used what my top Reason was from 2012:

Sam's #1 Reason: *___I'm too busy at home/work to make time to do all the things I need to do, to be heathy _____ because it's not a Priority_____ because I don't Prioritise time for what I need to do for me___ **because my health and wellbeing is not as important as everything and everyone else around me _____.***

Confronting, but true!

If you truly Prioritised your health and wellbeing you wouldn't be doing this Program in the first place. It's my guess, being the Nurturing Superwoman you are, you are usually too busy using all your magical super powers (your love, time and energy), to give everything you got, to everyone else around you, therefore not giving enough Priority to your Self, and your own health and wellbeing.





“NOBODY IS TOO BUSY,
IT’S JUST A MATTER OF PRIORITIES.”

- Unknown

Try it and see... **(Activity 12)**

TAKE ACTION NOW!

Activity 12 - Do you Love (and Care for) Your Self enough?

DO THIS NOW: Use your No.#1 rephrased Reasons/Excuses you gave in Activity 11 - **Change the Language of your Reasons**, and add: “because my health and wellbeing is not as important as everything and everyone else around me.”

My Top / No.#1 Reason: _____

Here’s my example again,
Sam’s #1 Reason: ___I’m too busy at home/work to make time to do all the things I need to do, to be heathy ____ because it’s not a Priority____ because I don’t Prioritise time for what I need to do for me___ because my health and wellbeing is not as important as everything and everyone else around me ____.





“THERE IS NO ONE WHO CAN LOVE AND CARE FOR YOU
AS MUCH AS YOU ARE CAPABLE OF LOVING AND
CARING FOR YOUR SELF.”

- Samantha Wyatt

Being honest about what you Prioritise.

First recognising that our own health and wellbeing is not or hasn't been as much of a Priority as it should be, can be the honest kick up the butt we need, that reminds us that being healthy is a choice. A choice of time, love, energy, and resources. Only we can make our health a Priority. No one else. It is only us that can cause and create the changes we need to make in order to make our health and wellbeing a Priority.

But how do we make ourselves more of a Priority?

We don't make long-term changes, just because we *know* it's good for us - how many times have we heard what we *should* be doing for our health, we then make changes, but then quickly revert back to our old habits very soon after? We can't create *real* change with this kind of motivation or will power, alone. That will only inspire us to take initial, temporary action. What we want is change that is gonna last. We need to permanently change our Priorities if we want to create and live the life we truly want.

Before we can *change* our Priorities, we must first recognise, and acknowledge what our Priorities *currently are*, before we're able to do anything about them.

“ACTION EXPRESSES PRIORITIES.”

- Mahatma Gandhi





So let's look at your Priorities, in a little more detail...(Activity 13)

TAKE ACTION NOW!

Activity 13 - What do You Prioritise?

DO THIS NOW: Write down what you think your Top 5 Priorities are. What is most important to you? Don't think too hard, just write down the first things that come to mind.

Priority 1: _____

Priority 2: _____

Priority 3: _____

Priority 4: _____

Priority 5: _____





DO THIS AFTER: Write down what you think your Top 5 Priorities are. What is most important to you? Don't think too hard, just write down the first things that come to mind.

Write down a typical 'day in the life of' you!
What does your day look like? What do you do in your day? How do you spend most of the time in your day? Do this for a week day and then for a typical weekend day, as well.

Typical Weekday:

Early hours _____

Mornings _____

During the day _____

Afternoons _____

Evenings _____

Late Evening _____

Typical Weekend Day:

Early hours _____

Mornings _____

During the day _____

Afternoons _____

Evenings _____

Late Evening _____





DO THIS AFTER: Now compare your 'day in the life of', with your list of Top 5 Priorities. There might be some differences here. Sometimes what we think we Prioritise is at odds with what we actually actively Prioritise in our daily lives. Interesting yes!?

What I actually, truly Prioritise...

Look again at your daily activity, and find out what are the Top 5 things that you actually, actively Prioritise in your day to day life, and write them down below (This will show you overall, what you actually spend most your time doing!).

Priority 1: _____

Priority 2: _____

Priority 3: _____

Priority 4: _____

Priority 5: _____

**"YOUR PRIORITIES AREN'T WHAT YOU SAY THEY ARE,
THEY ARE REVEALED BY HOW YOU LIVE."**

- Unknown





What really drives our Priorities?

PRIORITIES RULE OUR LIVES.

Our lives are ruled by our Priorities. Our actions and daily habits are based on what we feel we *should* be Prioritising. Some of them are aligned with what's important to us, and some may be *other people's* Priorities, and not even our own!

Our Priorities are based on what we *believe* to be the most important things/ activities we should be spending our time on each day. Conditioning from our upbringing, our work environment, the people we surround ourselves with, and those we love and spend the most time with, influence what we prioritise each day.

Our Priorities are also based on learned behaviour, old habits and repeated activities that again, might not be of our own making. Some don't serve us at all!

Many of us operate on auto-pilot, going through the motions of life, automatically spending time on these Priorities.

We spend most of our time doing that which we believe to be most important, but this doesn't mean they always line up with what IS actually most important to US (deep in our hearts). These Priorities are not always in alignment with what we truly, deeply desire for our life.





We Prioritise what we *believe/perceive* to be ‘important’.

We are conditioned by society, our upbringing, our parents, our education, our environment, our work place, the people we love, the people we surround ourselves with (there’s that Mindset stuff again!), and everything else around us. We are taught and told what is ‘important’, and so we learn to Prioritise *those* things (which often are *other people’s* Priorities). Then we use up all of our life resources: our time, our energy, our thoughts, our life force, to take care of what often is, *other people’s* Priorities, before anything else (including ourselves!).

“THINGS THAT MATTER MOST MUST NEVER BE AT THE MERCY OF THINGS THAT MATTER LEAST.”

- Goethe

Why we put what we *believe/perceive* to be ‘important’ before what’s actually most important to us.

Have you ever sat down and actually written down what it is truly, madly, deeply most important to you?

If we are not clear on what’s truly most important to us, how can we Prioritise it?

Discovering your Highest Values (what is truly, most important to you).

Our Highest Values are what are truly, most important to us in our lives. Our Highest Values live deep within our hearts, and are like the points on our internal compass, steering our intuition in the direction that most resonates with our soul. They drive our dreams, and form the foundation of our desired ‘dream life’. Our Highest Values are simply what matters to us the most.





Our personal, Highest Values are our ultimate internal conceptions of what is good, most beneficial, most useful, and most desirable to us.

There are no wrong Values, only different ones. Our Highest Values are what make us unique. Our Values are a very personal combination of different things that we feel are of utmost importance, and value, to us as an individual.

Sometimes our Highest Values get clouded by what's important to everyone else - overshadowed by everyone else's Priorities, which can lead to frustration, unhappiness and undesired results. So we need to get clarity on what our Highest Values are, so that we can start (or continue), honouring them, by Prioritising them.

"THE KEY IS NOT TO PRIORITISE WHAT'S ON YOUR SCHEDULE, BUT TO SCHEDULE YOUR PRIORITIES."

- Stephen Covey

Whether we are aware of what our Highest Values are or not, we are subconsciously moving towards, or in alignment with those Values, all of the time (whether we know it or not).

Here is what one of my favourite Philosophers, Dr John Demartini (a great Teacher and Mentor to me), has to say about Values:

"Anything that we perceive to support our highest values, we label 'good'. Anything we perceive to challenge our values, we label 'bad'."

He goes on to say, "Our highest values are demonstrated by areas of our lives where we are most inspired, disciplined, organised and focused."

[excerpts from: Secrets of Great Success Coaches Exposed, by Dale Beaumont]





So let's check in with your Highest Values now... **(Activity 14)**

TAKE ACTION NOW!

Activity 14 - What are Your Top 5 Highest Values?

DO THIS NOW: Write down your Top 5 Highest Values.

Here are some questions to help you determine what your Highest Values are: What do you spend the most time thinking about? What gives you energy? What are you doing when you are most inspired? What are you most organised in? What do you spend most your money on? What are you most inspired doing? Where are you most disciplined, focused and reliable? What do you dream about most? What do you emotionally react positively and negatively to most?

Loved ones, activities, hobbies, lifestyle, work, leisure... they all come into play here...

1: _____

2: _____

3: _____

4: _____

5: _____

"WHAT YOU RISK REVEALS WHAT YOU VALUE."

- Jeanette Winterson





How do we change our Priorities, and set Goals, so that we honour our Highest Values?

Our attempts to make changes and achieve Goals, can be sabotaged by old, automatic habits, learned behaviours and ingrained Priorities (that may not serve us... or even be our own!).

What we automatically Prioritise day to day can be in direct conflict with our Highest Values, and what we truly desire for our life. Priorities take all of our time, energy and resources. So we must learn what our Highest Values are, so that we can become aware, and start proactively adjusting our daily activities in order to honour and make our Highest Values, a Priority!

"PRIORITIES ARE THE STEERING WHEEL OF LIFE."

- Unknown

Similarly, when we try to set Goals that are not in alignment with our Highest Values, we are setting ourselves up for failure in the long run. If we set Goals without aligning them with our Highest Values, we won't *perceive* our Goals to be important enough to achieve. We won't do what it takes to see those Goals through to the end. If we don't align our Goals with our Highest Values, we won't have the kind of sustained motivation needed to get us 'across the finish line'.

When we set Goals that are *not* in alignment with our Values, they are either usually much harder to achieve (or won't be achieved at all).

Before attempting any big life change, whether its lifestyle-related, work-related or personal, we must first recognise, and become really clear on what our Highest Values truly are.

Once we clarify our Highest Values, we can start to use this awareness to our advantage. We can then use our Highest Values to create the long lasting changes we so deeply desire.





“FOCUS ON WHAT MATTERS TO YOU MOST, AND YOU CAN
ACHIEVE ANYTHING.”

- Samantha Wyatt

This Program is all about showing you how to do all of this and more!

There's one more talking point I want to discuss here when it comes to our Highest Values, and yes, this is especially key for us Ladies!

Our highest Values are all well and good and they are uniquely our own, and they are of course, those things that matter to us the most in life, and they are *all* important. But let me ask you a question: Where do *you* feature on your subconscious list of Highest Values?

The usual, confronting realisation is, Self care doesn't even make the list!

We put work, building a business, making money, looking after our loved ones, family, and everything else, *before* ourselves. And while everything on our list is important (and we all have similar Values when it comes to the important things in life like family, friends and loved ones), what about us!?

You already know that if you are not well, healthy and full of energy, there is no way you can honour, be there and do for everyone and be everything on that list. Plain and simple.

The reason you are here, doing this Program, is because you want to take better care of your Self, your health and your wellbeing. You also already know that by looking after your Self, your family's health and wellbeing will benefit by default. You also know that looking after your Self will enhance EVERY OTHER AREA OF YOUR LIFE (we all know this intuitively).



“IF YOU WANT TO SOAR IN LIFE, YOU MUST FIRST
LEARN TO F.L.Y (FIRST LOVE YOURSELF).”

- Mark Sterling

So here is a truth bomb for you, and it's gonna hit you right between the eyes: Right now, you do not Love and Prioritise your Self enough.

If you are to proceed and succeed using this Program, and if you want to live **Your Best Fresh Life**, you are going to have to start loving and valuing your Self, your health and your wellbeing, just as much, if not more than anything else on your Highest Values list.

You are going to have to look at that list and understand that if you can't make that number #1 Value of yours equal = *Self Love, Self Care (My own Health and Wellbeing)*, you won't do the work, the activities, the actions, or make the changes necessary to start living the lifestyle you desire to create with this Program.

And I am here to tell you that you *ARE* worth it. You deserve to make yourself, your number #1 Priority. You need to believe that it's important, possible and righteous, to love and look after your Self.

“SELF LOVE IS ASKING YOURSELF WHAT YOU NEED,
EVERYDAY, AND THEN MAKING SURE YOU RECEIVE IT.”

- Unknown

Why? Because if you don't, nobody will. Isn't that what you want to teach your children (your present or future children)? To love themselves and look after themselves, and to live a happy, healthy life filled with joy, energy and exuberance? You deserve it just as much as you believe your loved ones





deserve it. And you gotta live it to teach it, to share it, and to inspire it in others, especially the ones you love. If that's the motivation you need to make loving your Self a Priority, then so be it.

This is a bit of a glimpse of how we are going to uncover and use the things that you Value most, to be the foundation of what will be truly sustainable motivation you need on your Journey, and to get you living and experiencing, (and enjoying!) **Your Best Fresh Life.**

So let's go a little deeper here, so we can clear out that subconscious cupboard of yours, and help you figure out where you stand when it comes to what you Prioritise, highly Value and how to use this awareness, to the love-tap on for your Self.

Loving and caring for your Self, and learning to make your Self a top Priority, will benefit *everyone* and *everything* in your life, and will help ensure you get the best results from this Program.

So let's have a look now at your list of Highest Values that you filled out in **Activity 14: What are Your highest Values?**, and start getting familiar with where you see yourself on your list of Highest Values. Do you think you Value yourself and your health and wellbeing, and if so, how much? Do you even make the list?

To share with you what I mean, here were my Top 5 Highest Values back in 2012:

1. Loving Relationships with everyone in my life - having an amazing relationship with Jay, and having great relationships with my family and friends (and everyone I meet!)
2. Travel - exploring, meeting new people, having amazing life experiences.
3. Freedom - building my own online business so that we don't having to work 9-5 jobs for the rest of our lives.





4. Being active - enjoying outdoor activities, and living life to the fullest.
5. Having Fun - to enjoy down time.

(Loving and caring for my Self didn't even make it onto my list!)

“YOU CAN SEARCH THROUGH THE ENTIRE UNIVERSE FOR SOMEONE WHO IS MORE DESERVING OF YOUR LOVE AND AFFECTION THAN YOU ARE YOURSELF, AND THAT PERSON IS NOT TO BE FOUND ANYWHERE. YOU YOURSELF, AS MUCH AS ANYBODY IN THE ENTIRE UNIVERSE DESERVE YOUR LOVE AND AFFECTION.”

- Buddha

Now, in order to get real, and truthful with ourselves, the next Activity is going to help you clarify where your day-to-day Priorities truly lie (what do your actions tell you!), and *why*, and how they relate to your Highest Values.

(Activity 15)





TAKE ACTION NOW!

Activity 15 - Compare Your Priorities with Your Highest Values

DO THIS NOW: Look back at **Activity 13 - What do You Prioritise?**, and compare them with your answers on **Activity 14 - What are Your Highest Values?**

What do you notice? What differences are cropping up between your Highest Values, and what you actually Prioritise every day?

Notes _____

Now take your list of top 5 Priorities (the ones you actually, actively do daily), and ask yourself, **WHY do I prioritise this thing/task/activity?** Go deep. This will reveal your true motivation for doing those daily activities - some link to your Highest Values, and some don't. It's important to become aware of what motivates all your actions.

I Prioritise 1. _____ because _____

I Prioritise 2. _____ because _____





I Prioritise 3. _____ because _____

I Prioritise 4. _____ because _____

I Prioritise 5. _____ because _____

I am going to get vulnerable here and share with you what my own Priorities were (eek!), and what my Highest Values were back in 2012, before I started living my **Best Fresh Life**, so you can see what you are aiming to uncover for yourself from this exercise. Hopefully it will serve as a clear example for you to see how honest you need to be with yourself.

My Values were (and still are!):

1. Having an amazing relationship with Jay.
2. Having great relationships with all my family and friends.
3. Traveling.
4. Freedom (building my own online business).
5. Having Fun.

“IT IS NOT ONLY FOR WHAT WE DO THAT WE ARE HELD RESPONSIBLE, BUT ALSO FOR WHAT WE DO NOT DO.”

- Moliere





I somehow thought I was Prioritising everything I Valued in life: having awesome relationships with those I love, travelling, becoming an entrepreneur (building a business), so that we could have more freedom, and having fun along the way.

I was definitely honouring *some* of my Highest Values: I always put Jay, and my family and friends first, making big, consistent efforts to maintain the great relationships I have with all the people I love (so important!), and we were definitely travelling every chance we got (don't we all).

But here is how I *actually* spent my time...

EXAMPLE - SAM'S DAILY ACTIVITIES (DAY-TO-DAY PRIORITIES):

Typical Weekday:

Early hours _____ sleeping
Mornings _____ work 9-5 (day job)
During the day _____ work 9-5 (day job)
Afternoons _____ work 9-5 (day job)
Evenings _____ watching TV/relaxing & making (convenient/unhealthy) dinner
Late Evening _____ watching TV

Typical Weekend Day:

Early hours _____ sleep in
Mornings _____ sleep in/probably hungover from night before
During the day _____ watching TV, eating junk food, going out occasionally for something to do
Afternoons _____ having drinks, catching up with friends/dinner out
Evenings _____ going out drinking
Late Evening _____ partying until late



“YOUR RESULTS ARE THE PRODUCT OF EITHER PERSONAL
FOCUS OR PERSONAL DISTRACTIONS.
THE CHOICE IS YOURS.”

- John Di Lemme

Weekdays:

I spent most my weekday hours working a job (don't we all!);
I spent *minimal* hours working after hours on my own business;
I watched a LOT of TV...!!!!
I remember once calculating that we were watching *5 hours* a night! That's
25 hours a week watching the box! Oh yes, and we were eating a LOT (of
bad foods) while we watched that box.

Our weekends were worse:

We would go out partying Friday night, and sometimes Sat night too;
We would be totally hungover all weekend;
There may have been the *rare* occasions I used a few hours on the
weekend to work on my business, but otherwise, you guessed it... hungover
Jay and Sam spent sometimes, up to a further *20 hours* a weekend, relaxing
and eating in front of the TV!

Let's do a quick calculation here: working = necessary (9-5).
But what about all the other hours?
We spent *40-60 hrs PER WEEK* watching TV, relaxing, eating (badly) and
partying ('having fun').

But here's *WHY* I prioritised these activities (back in 2012):

I Prioritise 1. watching TV because this is the most time I get to spend
with Jay/this is how we spend time together.





I Prioritise 2. _relaxing/not doing anything ___because___ I do this with Jay (I always want to be chilled, someone Jay likes to hang out with), and this is how I unwind/have fun and relieve stress/ not be stressed.

I Prioritise 3. _ having fun: eating, drinking, partying___because___ it's the other ways Jay and I spend time together, and this is a way I get to unwind and have fun (this may have to do with me wanting to be an awesome chilled/will hangout/party-fun-kinda-girlfriend - showing that I can be fun, party animal). Also was a way to unwind/relieve stress/'have fun'.

I Prioritise 4. _eating badly/junk food_because_____ it's bad habit Jay and I do together. Jay and I pretty much influence each other with bad foods (this may have to do with me wanting to be a chilled out girlfriend/will eat anything - showing that I'm 'not fussy').

I Prioritise 5. _not much else!_because_I value Jay and I spending time together/doing stuff together that isn't hard work, over and above everything else (including my actual personal health, wellness and other needs).

"YOU DEFINE WHAT'S IMPORTANT TO YOU BY WHAT YOU DEDICATE YOUR TIME TO."

- Unknown

When you dig down deep, you'll realise that your activities actually do marry up, in some way, to your Highest Values.

Now, herein lies the power of our Highest Values, and we are going to utilise this power, to help you create sustainable, long-lasting, motivation needed on your Journey. You are going to learn to align your Goals and Priorities with your Highest Values. You are to use language that will make it *really* clear to you, exactly *how* each and every Goal you set, as well as all





the activities (Priorities) associated with achieving those Goals, relates back to your Highest Values.

That way whenever you feel demotivated, guilty, or just a little worn out, you'll remember that your Journey is *ALL about* honouring what's *most* important to you in your life! It's the most effective way to keep you motivated on your **Fresh Life Internal Makeover Journey**.

So let's take a look at Goals now. Remember, the ones we find the hardest to achieve are the ones that we don't *perceive* to be of high enough importance, which means there is *no clear alignment of those Goals with those things that are on your list of Highest Values...* It's amazing how true this is (and I know because I've been doing these Activities here too - very revealing!).

“SET YOUR GOALS IN ALIGNMENT WITH WHAT IS MOST IMPORTANT TO YOU AND YOU’LL ALWAYS FIND THE ENERGY YOU NEED TO FOLLOW THEM THROUGH TO THE END.”

- Samantha Wyatt

Try it out for yourself... **(Activity 16)**





TAKE ACTION NOW!

Activity 16 - Compare your Goals with your Highest Values

DO THIS NOW: Have a look at your Values list again (Activity 14 - What are Your Highest Values?), and compare them to your overall Goals for this Program (Activity 9 - What are Your Goals for Your Journey with this Program?), as well as with those Goals you listed in Activity 3 - Practice having a Growth Mindset.

You will probably find that the *language* of your goals (the ones that always seem to be the hardest to achieve), don't make clear how those goals are going to honour your Highest Values. Write down your thoughts - jot down anything you notice and/or seems interesting to you.

Notes _____

For ease of use: I have included space for you to copy and paste your answers here to make it easier for you to compare your answers and reflect on them.





Activity 14 - What are Your Highest Values?

1. _____
2. _____
3. _____
4. _____
5. _____

Activity 9 - What are Your goals for Your Journey with this Program?

Your old Goals from Activity 3 - Practice having a Growth Mindset

- Goal 1 _____
- Goal 2 _____
- Goal 3 _____
- Goal 4 _____
- Goal 5 _____





“A GOAL IS NOT THE SAME AS A DESIRE, AND THIS IS AN IMPORTANT DISTINCTION TO MAKE. YOU CAN HAVE A DESIRE YOU DON'T INTEND TO ACT ON. BUT YOU CAN'T HAVE A GOAL YOU DON'T INTEND TO ACT ON.”

- Tom Morris

Here are mine as a reference :)

ACTIVITY 14 - WHAT ARE YOUR HIGHEST VALUES?

1. Loving Relationships with everyone in my life - having an amazing relationship with Jay, and having great relationships with my family and friends (and everyone I meet!)
2. Travel - exploring, meeting new people, having amazing life experiences.
3. Freedom - building my own online business so that we don't having to work 9-5 jobs for the rest of our lives.
4. Being active - enjoying outdoor activities, and living life to the fullest.
5. Having Fun - to enjoyment down time.

ACTIVITY 9 - WHAT ARE YOUR GOALS FOR YOUR JOURNEY WITH THIS PROGRAM? (WHAT MY GOALS WERE BACK IN 2012)

I want to lose weight, get healthier, and have more energy.





My old goals from **Activity 3 - Practice having a Growth Mindset**

My top 5 goals at the time, were:

Goal 1 __Lose 10kg/fit into my old jeans again.

Goal 2 __Build an online business.

Goal 3 __Become fit and lean.

Goal 4 __Make a comfortable living (make good money).

Goal 5 __Travel permanently.

And here are my notes/observations/insights: ____Some of my goals relate to my Highest Values, but the ones I definitely feel most frustration with are the ones that don't quite seem to relate back to my Highest Values. They relate to how I look, what I like to do, and where I want to go, but they don't all actually clearly relate back to what I Value most_____.

"SUCCESS IN LIFE MEANS LIVING BY YOUR VALUES."

- Russ Harris





The relationship between our Goals and our Values.

We have already discussed that how we *perceive* our Goals makes a difference. If we don't *perceive* certain Goals to be 'important' (subconsciously in alignment with our Highest Values), then we will *not* Prioritise them (and do what it takes to achieve them). We just won't 'care enough' about them to see those Goals through to the end.

We need to change the *language* of our Goals. But before we can do that, we need to recognise, and identify how our Goals relate back to our highest Values so that we can translate that into words. We can start doing this by asking ourselves *WHY* we want to achieve a certain Goal (and I'm not talking about the temporary, 'superficial' reasons why either). Finding out *WHY* (the *deepest* reason why) is the only way to get the job done.

"WHEN YOUR VALUES ARE CLEAR TO YOU, MAKING DECISIONS BECOMES EASIER."

- Roy E Disney





Once we know this, we can ‘position’ or ‘word’ our Goals in such a way, so that the *language* of our Goals will always *clearly* remind us how that Goal relates back to, and honours, our Highest Values (our deepest reasons *WHY*).

This is not as hard as you might think...

Our deepest reasons *WHY* are the deep emotional drivers or motivating factors that drive our Highest Values.

They are the *REAL*, underlying, emotional motives driving our needs, wants and desires.

Here’s a clue: Look back to the answers you gave in **Activity 15 - Compare Your Priorities with Your highest Values**. You were asked to write down: **WHY do I prioritise this thing/task/activity?**

You were meant to go deep, and be honest about your true motivation for doing those daily activities, and if you think hard enough, you’ll notice how they always somehow link back to what’s most important to you (Your Highest Values):

I Prioritise 1. _____ because _____. Those reasons *WHY are* the emotional motivators that drive why you Prioritise those tasks...





“EVERY HUMAN BEING LIVES BY A SET OF PRIORITIES, A SET OF VALUES, THINGS THAT ARE MOST IMPORTANT OR LEAST IMPORTANT IN THEIR LIFE, AND WHENEVER THEY SET GOALS THAT ARE ALIGNED AND CONGRUENT WITH WHAT'S TRULY HIGHEST ON THEIR VALUES, THEY ARE SPONTANEOUSLY INSPIRED TO ACT, AND THEY WILL NOT GIVE UP ON THEIR ACTIONS, NOT GIVE UP ON THEIR GOALS UNTIL THEY ACHIEVE THEM.

BUT THE SECOND THEY SET GOALS THAT ARE LOWER ON THEIR VALUES, BECAUSE THEY HAVE INJECTED THEM FROM OTHER PEOPLE, OR SUBORDINATE OTHER PEOPLE IN SOCIETY, AND TRY TO BE SOMEBODY THEY WEREN'T, AND SET THINGS THAT WEREN'T REALLY MEANINGFUL TO THEM, THEY DECREASE THEIR PROBABILITY OF ACHIEVEMENT.”

- Dr John Demartini, The Value Determination Workshop





How to align our Goals with what's truly most important to us.

Many times we try to create change based on a fleeting wish or Goal. One of my initial Goals when I was trying to lose over 20 pounds/10 kg of excess unhealthy weight, was wishing I could fit into my old jeans! I hadn't been able to fit into them for over 5 years (not alone in that wishing well, right!?).

Because so many of us can relate to this, I'm going to use it as an example to explain what I mean.

"I want to lose weight so I can fit into my old jeans", is not a deep enough reason. It's not enough of an 'emotional motivator' to sustain the kind of long-term motivation that is needed to radically change our lifestyle for the long run.

Once I explain what these emotional factors are, what I like to call **Emotional Motivating Factors**, you will understand their significance and importance on your Journey.

Discovering what your **Emotional Motivating Factors** are, will also help you to relate your Goals back to your Highest Values. You will use what you most Value in this life - what deeply moves you, emotionally, to help keep you focused throughout your Journey. They will be the foundation on which you will build your **Fresh Life Vision**, which is what you will use to keep you inspired and motivated on your Journey to creating **Your Best Fresh Life**.

**"FIND YOUR MOTIVATION, FIND YOUR DRIVE,
FIND YOUR SUCCESS."**

- Anonymous





What are Emotional Motivating Factors?

Many stories of individual's transformative health and wellness Journeys, are unfortunately initiated due to *negative* **Emotional Motivating Factors**, the biggest one being some kind of **Acute Emotional Motivating Factor**. An *Acute* Emotional Motivating Factor is usually caused by a negative physical event, like when we suffer an injury (which is what happened to me), or if we become very ill. This kind of **Emotional Motivating Factor** *forces* us into action, and is a very intense, persistent Motivator that can keep us engaged in taking action, out of necessity rather than by choice.

But what if we aren't experiencing any **Acute Emotional Motivating Factors**, forcing us to take our health and wellbeing 'seriously'? What if we don't experience this kind of catalyst, forcing us to act? What then? What can we then use, to drive making our health and wellbeing, a top Priority?

Or what if our **Acute Emotional Motivating Factor** changes, or disappears/ no longer affects us? How do we make looking after and maintaining our health and wellbeing, a top Priority, forever?

I have learned to recognise other key **Emotional Motivating Factors** that I myself have experienced in my own life, or have recognised over and over again in the stories of others, and I love that I get to share these insights with you, because I truly believe that if you can learn to identify your own **Emotional Motivating Factors**, and get acquainted with how deep they go, that you can use this awareness to enhance the results you can achieve on your own **Fresh Life Internal Makeover Journey**.

You are going to uncover and clarify what your deepest **Emotional Motivating Factors** are, what I like to call, your **TEMF - True Emotional Motivating Factors**. They are the absolute deepest, emotional driving forces we have in our lives. They are driven by love, and are the foundation on which your Highest life Values are built.

We are emotional beings. We are driven by what we are most emotional about. We only buy or live in a house if we love it. We only donate to causes





we believe in. We do things for our family and friends because we love them. Getting to know your **TEMF's** - **True Emotional Motivating Factors**, is what drives real, long lasting action.

"MOTIVATION IS A FIRE FROM WITHIN. IF SOMEONE ELSE TRIES TO LIGHT THAT FIRE UNDER YOU, CHANCES ARE IT WILL BURN VERY BRIEFLY."

- Stephen R. Covey

The 3 Emotional Motivating Factors (driven by a sea of emotion!)

Let's use the example I was using before, "I want to fit into my old jeans."

We are going to dissect this Goal, and find ALL the emotional reasons or **Emotional Motivating Factors** that drive us to want to "fit into our old jeans..."

1. 'ON-THE-SURFACE' (SUPERFICIAL) EMOTIONAL MOTIVATING FACTORS

You want something... you are motivated to get it... but you are chasing instant gratification.

We are motivated to want to physically fit into and look good in our old jeans.

This kind of Motivator is good for short term motivation to help initiate behaviour that will help start us moving *towards* our end Goal. It's the Motivator that sparks us into initial action. But it is not enough to motivate us to pursue, achieve and maintain our Goals, long-term. If we want to stay motivated, so that we can achieve our biggest Goals, we need to go a little deeper.





2) 'BREAKING-THE-SURFACE' (FEEL GOOD) EMOTIONAL MOTIVATING FACTORS

You want something... but you are actually motivated by how you think it could make you *feel*...

You are more motivated by the specific feelings and emotions that you subconsciously anticipate will come, both physically and mentally, once you achieve your Goal.

You are chasing more than just instant gratification.

We don't actually just want to fit into our old jeans, we want to *feel* how we *felt* when we used to fit into them.

We like the way we used to feel when we used to be able to wear the jeans. And what are the deeper emotions we experienced back when we were able to fit into those jeans? We felt good, we felt alive, we felt carefree, we felt healthy, we felt energised, we felt full of life, vitality, and passion...We wish to feel that way again.

This is good, now we are starting to reveal the real reasons *why* we want to 'fit into those jeans.'

Are you starting to see where I am going with this?

"WHEN WE ARE MOTIVATED BY GOALS THAT HAVE DEEP MEANING, BY DREAMS THAT NEED COMPLETION, BY PURE LOVE THAT NEEDS EXPRESSING, THEN WE TRULY LIVE LIFE."

- Greg Anderson





3) 'DEEP-BELOW-THE-SURFACE' (TRUE) EMOTIONAL MOTIVATING FACTORS

You want something... You are motivated by how you might possibly feel when you achieve it. But the *true* emotional motivation actually lies with an *even deeper WHY* than the one we just discussed above.

You see it's not all to do with just 'fitting into my jeans', and feeling good because we can (although this is an awesome benefit to eating clean and living **Your Best Fresh Life!**).

It's everything that achieving this Goal, *represents* as being possible... now AND into the future.

What it could mean for your life from a longevity, enjoyment and 'quality of life', point of view... You are chasing the fulfilling, long-term gratification and benefits that achieving this Goal will give you.

Stay with me here...

Most of us are driven by our deepest emotional 'wants' and 'needs', but many of us don't know how to recognise, define and use them to our advantage. We could potentially use our 'deep sea of emotions' (our **truest Emotional Motivating Factors**) to help drive the long term action that is required to create, maintain, and live our **Best Fresh Life**.

"EMOTION IS ENERGY IN MOTION."

- Peter McWilliams

Fitting into those jeans symbolises something. They symbolise the return of feeling great, feeling healthy, feeling full of vitality, feeling young, feeling vibrant. But this is not about going *back* in time, and it's not just about memories, its about creating your future experiences. It's about creating a best case scenario (Your Best Fresh Life), and being able to live and





experience that presently, and into the future. And you don't want this for yourself only. You want this for your loved ones lives as well. You understand that the actions necessary to fulfil this Goal means they too will benefit from those new healthy lifestyle changes. You will be an example, an inspiration and a good influence to those you live, as an additional advantage to 'fitting into your jeans'. Those jeans represent the fact that you will learn what it takes, and do what it takes to maintain the kind of health and wellness you've always dreamed of for yourself and for them, now, and forever more.

I'm trying to show you how you how to change the way you perceive your Goals, so they become Goals that inspire you, because they honour what you Value most.

"IF YOU CHANGE THE WAY YOU LOOK AT THINGS, THE THINGS YOU LOOK AT CHANGE."

- Dr Wayne Dyer

You want to change your perception of the *result* that achieving this Goal is going to give you... from "I will look amazing when I fit into my jeans",

to 'fitting into my jeans is going to bring about an amazing, positive domino effect, in every area of my life and my family's life'.

You focus on the deep, emotionally driven experience you desire by achieving this Goal - the experience of optimal health that you can have together with the ones you love.

This Goal represents *endless* possibilities. The possibility of experiencing all the best feelings that come from living a healthier lifestyle, and it represents the fact that when you *do* achieve it, you will also have learnt *how* to maintain it, so that you can experience this kind of quality of life, together with your loved ones, for the long term!





'Fitting into your jeans' will inspire the people you love and care for, to live *their Best Fresh Life*. Your actions, how you care for yourself, will be an example to your loved ones how *they* should care for themselves, and those skills and knowledge will be passed down from generation to generation, keeping your legacy of health and wellbeing flowing throughout your life, and in all your family's lives...

These are **True Emotional Motivating Factors**.

"YOUR HEART DOES NOT ANSWER TO YOUR MIND; YOUR HEART REVEALS THE DEEPEST WISHES OF YOUR SOUL. NO AMOUNT OF CLEVER JUSTIFICATION OR SMART EXCUSES ALTERS YOUR HEART'S WISH, IT JUST DELAYS THE RICHLY FULFILLING LIFE YOU TRULY SEEK."

- Robert Beno

You see every Goal, if you reach deep enough into your heart, reveals a Vision of what you truly want for your Self (and your family), and it is primarily driven by emotions (and love!). How we want to FEEL, how we want to make others feel, and what other positive, desirable feelings our Goals are going to help us to experience and allow others to experience around us.

Our **TEMF** - our **True Emotional Motivating Factors** drive the Vision we ultimately want to experience for ourselves and for our families. It's the *quality* of life our actions will bestow on our lives, and in the lives of the ones we love.

Life is better when we can physically, mentally and emotionally enjoy it. We enjoy it most when we are in the best of health. And we want this for our





family and loved ones too. It's the feel good lifestyle we all long for and strive for! And your TEMF's are at the heart of it all.

Now you are going to use everything you have learned, in this workbook (and the last workbook - **Ready Your Fresh Life Mindset**), to Identify and Clarify Your **Fresh Life Vision!**

Our **Highest Values**, and our **TEMF's** are the core reasons we pursue better health and wellness, and form the foundation of the **Fresh Life Vision** we have for our lives.

Discovering your **TEMF's - your True Emotional Motivating Factors**, which are the deepest, *soul-driving* forces that guide you in your life, is essential. They can help you achieve better results in anything you pursue in life. And once you are aware of them, you can turn them into powerful tools for creating successful, long-term results on your **Fresh Life Internal Makeover Journey**.

**"IF YOU CAN VISUALISE IT, IF YOU CAN DREAM IT,
THERE'S SOME WAY TO DO IT."**

- Walt Disney



Identify Your TEMF's - Your *True Emotional Motivating Factors*

What are your TEMF's - *True Emotional Motivating Factors*? They are your deepest, emotional reasons *why* you want to create and live **Your Best Fresh Life**. They are what truly drives you in your life. They are what gets you going, what gets you fired up and what can get you emotionally charged up within seconds.

Getting to know your TEMF's - what most *deeply* motivates you (and what drives your **Highest Values**), will help you get clarity around **Your Fresh Life Vision** (you'll be clarifying this soon).

Then we are going to use this awareness - your awareness of your Highest Values, TEMF's and Your Fresh Life Vision, to change the language of your Goals, so we make sure you are aligning your Goals, *with* your **Fresh Life Vision** (and everything that matters to you most). That way, you will find it much easier to Prioritise what you must to do, in order to create and live **Your Best Fresh Life**.

To help you get clear on what you DO want, you need to 1st get clear about what you *don't* want... And I warn you, this may serve as a bit of a harsh wake up call for some... I know it certainly was for me!

"IF YOU ARE WORKING ON SOMETHING EXCITING THAT YOU REALLY CARE ABOUT, YOU DON'T HAVE TO BE PUSHED. THE VISION PULLS YOU."

- Steve Jobs

Let's go deep.... **(Activity 17)**





TAKE ACTION NOW!

Activity 17 - Visualisation Session 1 & 2 for Discovering Your TEMF's (Your True Emotional Motivating Factors)

DO THIS NOW: Download your Worksheet for **Activity 17 - Visualisation Session 1 & 2 for Discovering Your TEMF's (Your True Emotional Motivating Factors)** and complete both Visualisation Sessions to help you go deep to find what truly, emotionally drives you...

PLEASE NOTE: *If the visualisation sessions seem a bit long or repetitive, they are designed to be that way. We are trying to change the way you think, trying to ingrain new ways of thinking and perceiving, and the best way to do this is to work with repetition to familiarise and train our mind to help serve us (rather than sabotage us).*

"YOUR DESIRE TO CHANGE MUST BE GREATER THAN YOUR DESIRE TO STAY THE SAME."

- Unknown





Identifying/Clarifying your Fresh Life Vision

As you now know, everything we do in our lives is related back to, or based on these few things:

- Our Mindset (what we believe to be true)
- Our Values (what is most important to us)
- Our TEMF (true emotional motivating factors, the deep emotional factors we live and sacrifice for)

Using your awareness of all of these will have helped you reveal the deep, authentic, and truest parts of yourself and what sustains you mentally and emotionally (and maybe even spiritually) in your life.

“YOUR VISION WILL BECOME CLEAR ONLY WHEN YOU CAN LOOK INTO YOUR OWN HEART. WHO LOOKS INSIDE, DREAMS; WHO LOOKS INSIDE, AWAKENS.”

- Carl Jung

You are now ready to define what **Your Fresh Life Vision** really is. And **Your Fresh Life Vision**, is the *key* to making this WHOLE Program work the *best* it possibly can for you, as you move forward on your **Fresh Life Internal Makeover Journey**.

Thinking about what you want isn't enough. As with all meaningful shifts, you have to be able to visualise it. In detail. You have to close your eyes, and use the full extent of your imagination to conjure up all the vivid images, thoughts, beliefs, and feelings you want to experience when you create and are living **Your Best Fresh Life**. You need to be able to visualise what your life will look like when you have achieved your Goal and are living with the





results. What are the emotions and experiences you will to have? You need to be able to imagine exactly what **Your Best Fresh Life** is going to *feel* like...

You need to ask yourself - If I reached my goal of living **My Best Fresh Life**, how would I know? What would it look like? What would it feel like? What would I (and my family) get to experience?

It's about visualising the end result...

"CREATE THE HIGHEST, GRANDEST VISION FOR YOUR LIFE, BECAUSE YOU BECOME WHAT YOU BELIEVE."

- Oprah Winfrey

And when you can see, (and *feel*) the **WHOLE** picture, understand how completely in touch that Vision is with what matters to you most, and you believe in how positively that Vision will impact you and the ones you love most, you will have the kind of unwavering, sustained motivation to reach your Goals, so that you can realise the full potential of living **Your ultimate Best Fresh Life...**

You need to be able to see yourself moving through the effort it takes to achieve the kind of health, you need to visualise that you can overcome any obstacle, that you will keep going no matter what, because the prize of losing that excess unhealthy weight, and living with vitality, energy and true health and wellness, is possible and is what you will keep trying for until it happens.

Clarifying **Your Fresh Life Vision**, is to know what it is going to look like before you even get there. You know your Values (what's important to you), you know what drives you (your TEMF's), now you need to know exactly what you want your life to *look* and *feel* like, so that when you *do* get there, you'll *know* that you have arrived! You'll *know* that you have achieved your goal!





“WHERE THERE IS NO VISION, THERE IS NO HOPE.”

- George Washington

Now, it's time to dream with clarity... **(Activity 18)**

TAKE ACTION NOW!

Activity 18 - Visualisation Session 3 for Clarifying Your Fresh Life Vision

DO THIS NOW: Download your Worksheet for **Activity 18 - Visualisation Session 3 for Clarifying Your Fresh Life Vision** and complete this last Visualisation Session, to help you get clear on what you want **Your Best Fresh Life** to look and feel like... So you'll know when you have achieved and are living and breathing it!!!

***PLEASE NOTE:** If the visualisation sessions seem a bit long or repetitive, they are designed to be that way. We are trying to change the way you think, trying to ingrain new ways of thinking and perceiving, and the best way to do this is to work with repetition to familiarise and train our mind to help serve us (rather than sabotage us).*

“A DREAM IS YOUR CREATIVE VISION FOR YOUR LIFE IN THE FUTURE. YOU MUST BREAK OUT OF YOUR CURRENT COMFORT ZONE AND BECOME COMFORTABLE WITH THE UNFAMILIAR AND THE UNKNOWN.”

- Denis Waitley



AWESOME! YOU'RE DOING GREAT!

Just remember, you are doing amazing work to reprogram your subconscious, make new habits easier to form, and to have the desire and ability to create and from new ways of living through newly formed thought processes and beneficial belief systems!

I know it is a fair bit of work, but as you already know, you can work through it at your own pace, and move through it all organically. What you are doing here is setting the stage for your results. You decide the results you want... And everything here is designed to help you design and achieve the results you desire. So hang in there, we're almost done (and remember, you can come back to this any time you want).

Now that you have all these amazing insights, that have come directly from your heart, and you are clear on what **Your Best Fresh Life** looks like, let's get serious about making sure your Goals align with your Values, your TEMF's and **Your Fresh Life Vision**.

"YOUR PURPOSE EXPLAINS WHAT YOU ARE DOING WITH YOUR LIFE. YOUR VISION EXPLAINS HOW YOU ARE LIVING YOUR PURPOSE. YOUR GOALS ENABLE YOU TO REALISE YOUR VISION."

- Bob Proctor

Remember.... you looking after you, is the core source of power from which the tree of your Vision will grow... you **MUST** embrace the fact that you loving yourself, and caring for yourself is at the root of what will make **Your Fresh Life Vision** grow into reality.... So your Goals must reflect that. This





way, you will understand how important it is to make yourself a Priority, in order for you to be able to create and live **Your Best Fresh Life**.

Re-prioritising using Your Fresh Life Vision Goals as motivation.

Re-prioritising and unlearning learned behaviours is no easy task. But it is possible. Especially now that you have the tools and the mindset with which to make the changes you are going to need to make.

Your perception of how important you are, and how important it is to love and care for yourself is changing. You need to be able to love and care for your Self, first - just as much as you care for those around you. And I am here to tell you that this is essential to your Journey. It is the key to creating the health, wellness, vitality, and longevity you want for yourself (and your family).

"YOU HAVE TO DECIDE WHAT YOUR HIGHEST PRIORITIES ARE AND HAVE THE COURAGE - PLEASANTLY, SMILINGLY, NONAPOLOGETICALLY - TO SAY 'NO' TO OTHER THINGS. AND THE WAY TO DO THAT IS BY HAVING A BIGGER 'YES' BURNING INSIDE."

- Stephen Covey

As you have gone through this Module, and as you move through the rest of this Program, you will continue to feel more and more empowered. Especially as you start giving yourself permission to Prioritise your Self, your health, and your wellbeing more than ever before.





I experienced this empowering feeling, big time when I started Prioritising my health early in 2012. As I learnt something new, I would implement those new baby-steps (what have now become the **Fresh Life baby-steps**).

I wasn't too hard on myself though. When I slipped back into old bad habits, I just made sure I kept going, and I stayed focused on practising continually making better choices, and I was able to do that by constantly reminding myself of the **Fresh Life Vision** I had for myself (and my family).

I kept reminding myself that *my* health and wellbeing was at the heart of everything, and was the key to making the Vision I had for my and my family's life, possible. Reminding myself of this often, helped me to slowly take more of those **Fresh Life baby-steps**, and make taking them, a priority.

I was soon making better choices more and more often. And so new behaviours and ways of being were cemented in, and eventually just became a permanent part of my life.

**"IF YOU CAN'T FLY, THEN RUN, IF YOU CAN'T RUN,
THEN WALK, IF YOU CAN'T WALK THEN CRAWL,
BUT WHATEVER YOU DO,
YOU HAVE TO KEEP MOVING FORWARD."**

- Martin Luther King Jr.

Creating **My Best Fresh Life** was definitely no over-night thing. But the more we do something, the more it becomes habit. And that's what happened with me. Gradually, over time, one **Fresh Life baby-step** at a time, got me to where I have always wanted to be. And I love living **My Best Fresh Life**, and it inspires me to help amazing women like yourself, live **Your Best Fresh Life** too.





So let's start practising making YOU a priority. **(Activity 19)**

TAKE ACTION NOW!

Activity 19 - Align your Goals with your Highest Values, TEMF's, and Your Fresh Life Vision.

DO THIS NOW: You are going to be changing the language of your Goals. Knowing what you know now, re-write your Goals for doing this Program and then explain how, or for what reasons, or in what way your Goals honour your Highest Values, TEMF's and **Your Ultimate Fresh Life Vision**.

List your 5 Top Goals for your Journey (using this Program). Include *how* each relates to what matters to you most, and to the **Fresh Life Vision** you have for your Self and your loved ones: us).





Goal 1 _____

Goal 2 _____

Goal 3 _____

Goal 4 _____

Goal 5 _____





This Program is about sharing baby-steps to living the Clean Eating Lifestyle, so remember to be gentle with yourself on your Journey.

You'll have access to information and resources to enlighten and inspire you to take action, and to do so by gently adding clean, whole food goodness to your and your family's life.

You are going to start with *one* **Fresh Life baby-step** at a time. Practising that first baby-step until it becomes a habit - until it just automatically *becomes* a regular and enjoyable part of your and your family's everyday life.

Then, and only then, should you add the next baby-step, and then the next, and so on.

Slowly but surely, adding small yummy changes, and quick, easy and delicious health-boosting foods and drinks to help you move towards eating clean.

"SOMETIMES THE SMALLEST STEP IN THE RIGHT DIRECTION ENDS UP BEING THE BIGGEST STEP OF YOUR LIFE. TIP TOE IF YOU MUST, BUT TAKE THE STEP."

- Unknown

You are going to have to prioritise the time to do these steps and practise doing them.

No one can *make* you find/prioritise the time, which is why this Module is designed to help you find your *own* inspiration, your *own* drive, and your *own* very important reasons to make taking these **Fresh Life baby-steps** a Priority.





So that you hold yourself accountable to the fact that this Program will only work for you if you do the work, participate in the challenges, make the food, try the recipes, source the ingredients and become actively involved in **Your Fresh Life Community**.

The good news is, once you've set your new Fresh Life Mindset, clarified your Fresh Life Vision, and Prioritise giving this Program a good shot, this Program is designed to help you with *everything* else.

You'll have the info, resources, insights, recipes, ideas, support, and community - all the tools you need, to create and live Your Best Fresh Life and therefore the results you've always dreamed of.

**"VISION WITHOUT ACTION IS MERELY A DREAM.
ACTION WITHOUT VISION JUST PASSES THE TIME.
VISION WITH ACTION CAN CHANGE THE WORLD."**

- Joel A. Barker

Before you start your Journey with this Program, you are going to Practise Reprioritising... **(Activity 20)**





TAKE ACTION NOW!

Activity 20 - Practise Reprioritising (to live your Brest Fresh Life).

DO THIS NOW: To practise reprioritising some of your time, I want you to think of some creative activity, a hobby perhaps, something that you have always loved to do that you just don't have time to do anymore (is just not a Priority anymore). This thing might seem unimportant, but you really enjoy doing it. This is usually is something that you love to do, or should I say 'used to love doing' for yourself, on your own, before life got crazy... OR perhaps it is something you have always wanted to try/ do/learn/create... It must be something that's fun and relaxing/ enjoyable.

Write down this 1 thing, and elaborate on why you love it - you need to want to make time for it. Then I want you to come up with a way that you can start doing this thing for yourself. Find a little slot somewhere in your week, even if it's only once a week, or once a fortnight, I want you to get creative, or use those masterful organisational skills I know you have, and make time for it.

After all, the creative things that make us happy when we're doing them (on our own), is a form of meditation! And meditation is vital (and also very healthy for us), so think of this 1 thing you need to do for your Self, as being an activity that's part of the Program. Because you looking after you, and loving yourself enough to do what's good for you, is the heart centre of this Program (and of your results).





A large rectangular area with a light pink background, containing eight horizontal black lines for writing.

"IN A WORLD FULL OF PEOPLE EXPECTING SOMETHING FROM US, REMEMBER, THE MOST IMPORTANT PERSON YOU HAVE TO PLEASE IS YOURSELF."

- Unknown

Changing your Priorities to honour Your Fresh Life Vision - for the long run.

Now that you have all these amazing insights and tools, we are going to cement in those 'new' Priorities (or should we say 'newly perceived' Priorities). **(Activity 21)**





TAKE ACTION NOW!

Activity 21 - Changing Your Priorities

DO THIS NOW: Now that you have all this love for your Self and you understand how important it is to Value and Prioritise your Self (so you can create and live **Your Best Fresh Life**), and you've created Goals in alignment with **Your Fresh Life Vision**, let's take a fresh new look at your perceived list of Priorities now!

You can come back to this again and again throughout your **Fresh Life Internal Makeover Journey** to assess how you are doing with your Priorities. Remember, "Actions express Priorities", so you can always look at how you spend your time in a day to see if you are making time, taking action, and practising your **Fresh Life baby-steps**.

DO THIS NOW: Write down what your Top 5 Priorities are now (based on your **Fresh Life Goals**), and write down why they are important to do. Think about, and write about, how your Priorities relate to **Your Fresh Life Vision**.

I Prioritise 1. _____ because _____

I Prioritise 2. _____ because _____

I Prioritise 3. _____ because _____





I Prioritise 4. _____ because _____

I Prioritise 5. _____ because _____

Use this to assess your Fresh Life progress (later in the Program):

Once you start prioritising and practising the **Fresh Life Baby-steps** that will be shared with you throughout this Program, you can use this to check in on yourself!

This is also something you can fill if you feel like you aren't getting the results you want - it's a quick way to check your accountability. To see if you are doing what is necessary to create those results. What does your day look like? What are you doing to live Your Best Fresh Life? When are you making time, to make your **Fresh Life Baby-steps** a Priority?

Typical Weekday:

Early hours _____

Mornings _____

During the day _____

Afternoons _____

Evenings _____

Late Evening _____





Typical Weekend Day:

Early hours _____

Mornings _____

During the day _____

Afternoons _____

Evenings _____

Late Evening _____

NOW LET'S END THIS MODULE WITH SOMETHING SUPER FUN!

Let's make your **Fresh Life Vision** 'a reality'...

Create Your Fresh Life Vision Board!

Your **Fresh Life Vision** might be that you want to live a long healthy life, so you can be there for your children as they grow older and pass on a legacy of health to those you love and the future generations of your family.

It may be because you really want to enjoy life more, and you're focusing on better health to improve your vitality and daily quality of life, because poor health and weight issues have been stealing your joy and vitality.

Maybe you want to improve your health and wellbeing so you can have the energy and ability to be every success you want to be in your work, your





business or your professional life, so you can give your family the best opportunities in life.

Maybe you've been injured and you want to heal, and you don't want that injury to debilitate you or prevent you from doing everything you love doing in life.

Maybe you care about looking after yourself and your family, and you see looking after your and their health and wellbeing as an important preventative measure to prevent poor health and chronic illnesses down the track.

**"A VISION IS NOT JUST A PICTURE OF WHAT COULD BE;
IT IS AN APPEAL TO OUR BETTER SELVES, A CALL TO
BECOME SOMETHING MORE."**

- Rosabeth Moss Kanter

Maybe you are in a time in your life where you feel your body is changing or has changed, and if you don't do something to regain control of your health you won't be able to enjoy life and you worry about what that could mean for you in the future.

Maybe you are not well. Maybe you are really ill. Maybe you really want to take your health and wellbeing back into your own hands.

Whatever your deepest reasons are for pursuing having a healthy lifestyle, hold onto that. Big time. It's your **Fresh Life Vision**, and it's powerful. Keep it in the forefront of your mind always.

When the going gets tough. When people around you doubt what you are doing. When you feel like it's never going to work. Your **Fresh Life Vision** will fuel you to keep going.



“THERE IS A POWERFUL DRIVING FORCE INSIDE EVERY HUMAN BEING THAT ONCE UNLEASHED, CAN MAKE ANY VISION, DREAM OR DESIRE A REALITY.”

- Tony Robbins

The best way to keep your Vision fresh is to create a visual representation of it! Which is why you are going to make yourself some Vision Boards.

We are going to do this in two ways (both of which I love!):

1. Create a **physical Fresh Life Vision Board** - so you can physically see your Fresh Life Vision every single day.
If you've already created one, you will be 'editing'/adding to/enhancing it based on all the beautiful work you just did in this Module.
2. And also a **Fresh Life Vision Pinterest Board** - so you can have a digital, interactive version of **Your Fresh Life Vision Board**, at your fingertips, where ever you are, and where ever you go.

These are for inspiration, motivation and fun, and they are also powerful tools for helping you to manifest **Your Fresh Life Vision** so you can create and live **Your Best Fresh Life**. Yay!

If you already made a physical **Fresh Life Vision** board, knowing what you now know, do you need to adjust it? Add to it? Enhance it? Be sure to include what you have now clarified to be a part of and important to **Your Fresh Life Vision**. If you have already created one, it might be fun to create a whole new one with your new found awareness and *compare* the two!

If you haven't yet made one, make one now - its so fun!



“IF YOU CAN'T FLY, THEN RUN, IF YOU CAN'T RUN,
THEN WALK, IF YOU CAN'T WALK THEN CRAWL,
BUT WHATEVER YOU DO,
YOU HAVE TO KEEP MOVING FORWARD.”

- Martin Luther King Jr.

Let's do this! **(Activity 22)**

TAKE ACTION NOW!

Activity 22 - Create Your Fresh Life Vision Board.

DO THIS NOW: Get yourself some old magazines (the magazines we tend to choose to read usually have some alignment with our Values too by the way!), or print images from the internet, cut them out, and stick them in a collage on something that you can hang or stick on your wall. Preferably somewhere where you will see it every day. As I mentioned before, I keep mine in my office.

***Quick Tip:** I always include a picture of myself at the (heart) centre of my Vision board so I know that my Fresh Life Vision begins with me (and loving and caring for myself).*

DO THIS NOW: Get yourself a free Pinterest account set up if you don't have one already, and create a secret pin board (or public one, the choice is up to you!), and name it **My Best Fresh Life Vision Board** and start pinning away! Add all the images that conjure up the good feelings you felt when you did your Visualisation Session of what you want your Fresh Life Vision to look like.

Have FUN!





Here is mine again to serve as an example....but remember that our Vision Board is something personal and unique to us individually, so yours will be the best, most awesome Vision board because its yours, and because it's based on **Your Fresh Life Vision**.



“YOU DON'T NEED HOPES AND DREAMS, YOU NEED VISION. VISION IS SELF-PERPETUATED, SELF-MONITORED AND SELF-DISCIPLINED. VISION IS EMPOWERING BECAUSE IT IS BUILT BY YOU! VISION MANIFESTS AS A RESULT OF OUR HARD WORK. VISION IS THE INTANGIBLE IDEA MANIFESTED THROUGH TANGIBLE MEANS.”

- Unknown





Additional awesome stuff you can do with your Vision Board.

Once you have created your Fresh Life Vision board, you can use it as a tool to do your own Visualisation Sessions!

Sit in a quiet spot, when you have (prioritised) some meditative quiet time for yourself, and do a visualisation Session before you do other, more relaxing types of meditative practises.

Look at your Vision board, really absorb what you see. Then close your eyes, and visualise yourself *already* living Your Best Fresh Life... Think about what it looks like, and feels like... You remember how to do this from the Visualisation Session #3 (go back to those exercises if you need a reminder or some prompts!).

This is a great practise for keeping motivated and on track especially with all the busy-ness, and distractions in our daily lives.

You can also open up your Pinterest board, and use it in the same ways I mentioned you can use your physical Fresh Life Vision board.

You can use this while you are on the go, to get reenergised and inspired as you go through your day. I also love adding a few more pictures here and there to keep my Fresh Life Vision alive and *fresh!*

You can use these boards frequently, continuously exercising the visualisation of Your Best Fresh Life. Make the time to sit for a few minutes at least every other day, and meditate on and visualise Your Best Fresh Life.

**"OUR VISIONS AND OUR THOUGHTS BECOME MANIFEST
IN OUR LIVES THROUGH REPETITION."**

- Samantha Wyatt





PLEASE NOTE: Don't forget to use meditation for its true purpose, to help clear the mind and focus on the present - I have found this to be such an important tool for helping to keep me on an even keel if I get too caught up (or stressed out) going for my Fresh Life Goals in life! Make sure you always strive for balance. To go for your dreams and balance that with being gentle on yourself and allowing your Journey to unfold before you.

FINAL NOTE FROM ME...

You are awesome!

Well done You!

You have taken steps and absorbed words that I believe will truly help you on your Journey ahead.

Well done for taking the time, for your Self, to complete these exercises, activities and visualisation sessions.

You now know more about yourself that most people do. And you are going to use this in so many ways in so many different areas of your life.

As long as you keep taking action and participating in your Fresh Life Community, you are going to create and live exactly what you've always dreamed of.

I am SO excited for you.

You are ready to really make all those amazing, nurturing, loving, caring changes you have always wanted to make for yourself and your life is going to get even better than it already is, and your family's life too.





You are going to be able to thrive and flourish with fresh and beautiful energy and vitality.

I am so happy you are here, and so excited to share in your Journey with you, and to share in your forthcoming triumphs and inspiring life changes.

Here's to you and your Fresh Life Internal Makeover Journey.

See you in the next Module!

BIG BIG HUGS TO YOU, BEAUTIFUL!
XX SAM

"EVERY NEW DAY IS A CHANCE TO CHANGE YOU LIFE".

- Unknown

