



THE FRESH LIFE  
INTERNAL MAKEOVER  
journey



INSPIRING SUPPORT  
FROM YOUR  
LOVED ONES





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## TOOLS & STRATEGIES TO GET EVERYONE YOU LOVE, ONBOARD WITH YOUR FRESH LIFE INTERNAL MAKEOVER JOURNEY

This is list of suggestions of things that I have found have worked really well for me. I believe that you can't force anyone to do anything, but you can inspire them, lovingly support, and gently coax change in others.

**"YOU CAN'T FORCE ANYONE TO CHANGE, YOU CAN ONLY INSPIRE THEM TO."**

- Samantha Wyatt

### **Make the changes for yourself, first.....**

The first and best way to inspire others is to embrace the changes yourself.

You can't very well ask others to do something you are not doing yourself. It's hypocritical and doesn't inspire anyone, and in many cases can make your loved ones resent and resist change, and lose respect for your intentions at the same time.

It is better to make changes and live by the example you want to inspire in others, and you will see your positive, proactive behaviour will rub off on those you love.

**"BE THE CHANGE YOU WANT TO SEE IN THE WORLD."**

- Mahatma Gandhi





## Be patient with (your) and others' Journey...

We are all unique and individual, and so are our journeys, in anything we undertake in life.

It is one of the things I believe to be true of so many things, which is the reason why one of my core beliefs is that there is no 'silver bullet', no one 'magical formula' that everyone can follow to improve and create optimal health.

Optimal health comes from a great many different things being in balance, and that looks different for everyone; it can depend on your circumstances, upbringing, social conditioning, income, education, beliefs, culture, and the list goes on.

The main point here is that we encourage each other to each follow our own path, to follow our gut, listen to our bodies, and to the intuitive wisdom we all have inside us, and to be gentle with ourselves and with each other during the process of discovery, and commend each others efforts for trying different ways of being and being healthier until we each find what works best for us as individuals.

So be gentle with yourself, *and* your family and loved ones, be the change you want to inspire in them, and stay positive and always encourage all their efforts (remember, praise the process' from our Fresh Life Mindset work).

**"HAVE PATIENCE. ALL THINGS ARE DIFFICULT BEFORE  
THEY BECOME EASY."**

- Saadi







## Make little changes at a time.

Don't overwhelm your loved ones with extreme changes.

You might be psyched to make big changes based on information, and activities that you undertake during this Program, but remember that your loved ones aren't experiencing the same things as you are, so too much change can send them into mild 'comfort shock', which could very well have them opposing everything you do, because they are pushed too far out of their own comfort zone, too quickly.

Just as the **Fresh Life baby-steps** have been laid out in the Program for you, slowly introduce those small changes to your loved ones at a comfortable pace, so they are only pushed a little bit out of their comfort zone at a time, and without introducing too many changes all at once so they don't become overwhelmed by the process.

You want to allow small changes to become permanent lifestyle, so taking small steps slowly is always better than making too many big changes too quickly, and risk them becoming too uncomfortable and opposing what you are trying to accomplish.

We are all human after all, and we are creatures of habit and comfort, so be good to yourself and your loved ones, settle into your journey, it's going to take time, and know in your heart that if you keep taking small actions that you will eventually create Your Best Fresh Life (for you and for your loved ones).

**"IT IS BETTER TO TAKE SMALL STEPS IN THE RIGHT DIRECTION THAN TO MAKE A GIANT LEAP FORWARD ONLY TO STUMBLE BACKWARD."**

- Louis Sachar







### **Make the changes delicious.**

Ok, so this is mostly my job, but everyone has different tastes and preferences, and you know yourself and your family, and what you and your family likes (in terms of taste), better than I or anyone else ever could, so make sure you test things out, expose them to the foods they will more likely enjoy, and start with flavours that are similar to what your family already enjoys.

If there is someone who likes strawberry, don't give them caramel! I know you get what I mean.

**"START BY DOING WHAT'S NECESSARY;  
THEN DO WHAT'S POSSIBLE; AND SUDDENLY YOU ARE  
DOING THE IMPOSSIBLE."**

- Francis of Assisi

### **Get your loved ones involved in the process.**

It's something that is truly missing in our modern day society, the culture of making food together. If you are already doing this, that's fantastic, but I know for many of us, it can feel like circumstances, work and other stuff doesn't give us the time (of course we have now tackled lots of ways to change this through the **Fresh Life Mindset**, Values, and **Fresh Life Vision** work you would have just completed).

This is something I believe needs to change about our 'modern culture', and it is one of my biggest goals to inspire others to return to the traditions of making food together, to make or take this time to be together with our families, and place value and importance on the simple art of making home made food with our families again.





Often, we can be so busy with life that the truly simple ways of spending time together, like making good, healthy, yummy wholesome home made food, is put aside. These are the memories and the time we get to spend together that we can never get back.

If you can view it as something fun and relaxing (don't rush so much), we can really get friends, kids, loved ones inspired to be part of the process of making food. You don't *have* to make it all yourself. One of the best things is to empower your loved ones to make their own delicious home made foods and drinks, so that they have tools to nourish themselves (which can take the pressure off you - exactly why most of the recipes in this Program is about adding easy to make recipes, that can be made in 15min or less.... by anyone in the family!

Some of the other nourishing, wholesome ways we can 'make food' together with our loved ones, are: growing some herbs; building a worm farm together; picking something from the garden to make in a dish; going to farmer's markets together as a family outing; checking out local producers farms and farm stalls in your local area; preparing and going on picnics; making smoothies together; making sweet treats and licking bowls together! These are the simple joys of life that we must cherish and make fun and healthy too.

**"I AM BEGINNING TO LEARN THAT IT  
IS THE SWEET, SIMPLE THINGS IN LIFE WHICH  
ARE THE REAL ONES AFTER ALL."**

- Laura Ingalls Wilder







Drip feed info, use 'background' space to share the powerful messages contained in documentaries and always think of better ways to relate info to your significant other.

I am specifically talking about hubby's, boyfriends, partners... you know what I'm talking about ladies.

There is no way (most of the time) what we say gets taken as gospel. This again, is just human nature. I will literally say something to Jay, and it could be 5 minutes later, and he might hear that same bit of info delivered from someone else and BOOM, its like someone just told him where to find buried treasure.

It's the same for all of us, we do the same thing to them, let's be honest. Again, this is just human nature.

If there is info I want to relay to someone I love, someone close to me (and that can be any family member or friend), I try and think of how they would relate to the way in which that information is delivered and who it is being delivered by.

Once armed with the knowledge I learned on my own Journey, I have found and subscribed along the way, to a few 'awesome dudes' in the health and wellness space, guys who I feel Jay might be inspired by, and who share the same values and share the same information I have learnt about and believe in. So now, when something interesting comes through on subscribed emails to me, and its relevant to something I would love Jay to know more about, I forward it on to him and I know that he will be more likely to absorb different inspiring people, that hearing it from me all the time.

Same thing with the rest of my family, I shares information that I feel is relevant and appealing to them, delivered from age-appropriate wellness mentor's who's information is catered to an older demographic for instance if I want to send something on to my parents.







We listen to those we feel we are most 'like', or who 'resonates' with us, and who we feel shares our values. This again confirms what we covered in the Values section of this Module - our values are powerful drivers...

The other thing I do, and did a lot of, especially at the beginning of my journey was to have awesome documentaries 'playing in the background'... a lot!

This way no one is being forced to sit down and watch anything, and the information playing in the background will get picked up on, from a subconscious, if not conscious, point of view.

Documentaries are powerful, powerful tools that can literally inspire immediate action and sometimes dramatic change. We can't always convince people of what we want them to be convinced of... let somebody else do all that hard work!

**"NEVER GET TIRED OF DOING LITTLE THINGS FOR OTHERS, SOMETIMES THOSE LITTLE THINGS OCCUPY THE BIGGEST PARTS OF THEIR HEARTS."**

- Unknown

