



LOVE, AND PREPARE  
YOUR SELF REFERENCES  
AND OTHER RESOURCES





## Copyright Notice

Copyright © 2016 by Samantha Wyatt, Fresh Life Journeys and The Fresh Life Internal Makeover Journey, 6 Week Clean Eating Program. Licensed and operated through MERR Solutions Pty Ltd. All rights reserved.

No part of this publication may be reproduced or distributed in any form or by any means. Duplicating, sharing, or uploading product files to sharing sites is considered stealing.

All content and other media found in The Fresh Life Internal Makeover Journey Program is protected by copyright, and other intellectual property laws. This content is provided solely for your personal, noncommercial use. You may not use the content in a manner that constitutes an infringement of our rights or that has not been authorised by us. More specifically, unless explicitly authorised in these Terms of Service or by the owner of the materials, you may not modify, copy, reproduce, republish, upload, post, transmit, translate, sell, create derivative works, exploit, or distribute in any manner or medium (including by email or other electronic means) any material, media and or content found on The Fresh Life Internal Makeover Journey Program membership website, or related web pages. You may, however, from time to time, download and/or print one copy of individual pages of the content for your personal, noncommercial use, provided that you keep intact all copyright and other proprietary notices.

Please note that much of this publication is based on personal experience and anecdotal evidence.

Although the author (Samantha Wyatt) made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions. Also, you should use this information as you see fit, and at your own risk. Your particular situation, health or other, may not be exactly suited to the examples and content shared here; in fact, it's likely that they won't be the same, and you should adjust your use of the information and recommendations accordingly.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement if we use one of these terms. Finally, all publishings, media and other content is not intended to replace your own judgement, nor should it replace legal, medical or other professional advice. It is meant to inform, inspire and entertain the reader.





### **Dr John Demartini (The Demartini Institute)**

**Books:** *The Breakthrough Experience*

Value Determination - [https://www.youtube.com/watch?v=DJCLH\\_xBBCs](https://www.youtube.com/watch?v=DJCLH_xBBCs)

### **Dr. Carol S. Dweck - Professor of Psychology at Stanford University**

**Book:** *Mindset - How You Can Fulfil Your Potential*

**TED Talk:** The Power of Believing that you can Improve -

[https://www.youtube.com/watch?v=\\_X0mgOOSpLU](https://www.youtube.com/watch?v=_X0mgOOSpLU)

Sal Khan (Khan Academy) interviews Prof. Carol Dweck on The Growth Mindset - <http://youtu.be/wh0OS4MrN3E>

### **Dr Alia Crum**

**TED Talk:** Change your Mindset, Change the Game - [https://](https://www.youtube.com/watch?v=0tqq66zwa7g)

[www.youtube.com/watch?v=0tqq66zwa7g](https://www.youtube.com/watch?v=0tqq66zwa7g)

**DASH, Digital Access to Scholarship at Harvard - Study:** *Mindset Matters: Exercise and the Placebo Effect* - [http://dash.harvard.edu/bitstream/handle/1/3196007/Langer\\_ExcercisePlaceboEffect.pdf?sequence=1](http://dash.harvard.edu/bitstream/handle/1/3196007/Langer_ExcercisePlaceboEffect.pdf?sequence=1)

### **Tony Robbins**

Change your mind, change your life -

<https://www.youtube.com/watch?v=b29EFZGWKhY>

### **Eduardo Briceno (Mindset Works®)**

**TED Talk:** The Power of Belief - Mindset & Success -

<http://youtu.be/pN34FNbOKXc>

### **Prof. BJ Fogg, PhD (Behaviour Scientist) -**

#### **Professor at Stanford University**

**TED Talk:** *Forget Big Change, Start with a Tiny Habit - Health & Habits* -

<https://www.youtube.com/watch?v=AdKUJxjn-R8>

Stanford University, Paper: *A Behaviour Model for Persuasive Design* -

[http://bjfogg.com/fbm\\_files/page4\\_1.pdf](http://bjfogg.com/fbm_files/page4_1.pdf)

Stanford University, Paper: *The Behaviour Grid: 35 Ways*

*Behaviour Can Change* - [http://bjfogg.com/fbg\\_files/page7\\_1.pdf](http://bjfogg.com/fbg_files/page7_1.pdf)





**Ben, D Gardner**

**Article:** *Busting the 21 Days Habit Formation Myth* - UCL London's Global University. <https://blogs.ucl.ac.uk/hbrc/2012/06/29/busting-the-21-days-habit-formation-myth/>

**Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2009).**

How are habits formed: Modelling habit formation in the real world.

*European Journal of Social Psychology*, 40, 998-1009. <http://onlinelibrary.wiley.com/doi/10.1002/ejsp.674/abstract>

**Dr Brad Swift**

**Book:** *Life on Purpose - Six Passages to an Inspired Life*

**Laura Vanderkam**

**Book:** *I Know How She Does It: How Successful Women Build Lives That Work*

**Dale Beaumont**

**Book:** *Secrets of Great Success Coaches Exposed*

**Susan Hayward**

**Book:** *A Guide for the Advanced Soul - A Book of Insight*





## **Documentaries:**

**The Secret** - *The Secret has travelled through Centuries ...to reach you.*

**E-Motion** - *Lose what needs to be lost to find what needs to be found.*

**Femme** - *Women Healing The World*

**The Tapping Solution** - *The Revolution Starts From Within*

**The Shift** - *Taking Your Life From Ambition To Meaning*

Some documentaries you may be able to find for free to view online. Some have free online screenings from time to time, or you can rent and watch online.

Or you may even find online libraries, or even your local libraries or local health food stores might have a way of lending or renting them out to you.

I found and watched a few of my first ever documentaries online, and I love watching them.

It's a fast way to get great information in a high impact and entertaining way.

I now subscribe and love FMTV which you can trial free, pay a couple months to watch the ones you want, or like me, you can pay annual subscription to watch as many as you want - for me its the best value to be able to access, and re-watch documentaries that I love and have the most impact on me...

Keeping me motivated to stay on my Fresh Life Journeys :)

