

# WELCOME & GETTING STARTED

You've enrolled in the best program ever. I am honored to be a part of your new, healthier journey. You've taken the first step to take control of your mindset and your life. Pat yourself on the back!

Together, we're going to bring back your soul, your spirit, and your life back into balance. This program is more than just a program, what you will learn throughout the next three months will forever be life-changing!

Remember, this program is all about having support.

Join our Facebook Group here:

<https://www.facebook.com/groups/273731283600499/>

## **Before we start this life changing program, you can start:**

1. *Believe the "universe has your back" – Gabby Bernstein*
2. *Begin Cleaning Up Your Kitchen.* Clean out processed foods, and food that do not feed your highest and best self. Foods like gluten, processed foods, white flour, white sugar, and anything that will take you away from living at your highest vibration.
3. *Transform the way you shop.* Find a local co-op, shop at the farmer's market, or your local grocery store, where they have organic foods. Chemicals and hormones lead to foggy thinking and take away from a positive mindset as well as a healthy body.
4. *Review your shopping lists and suggested meals.* There are snack suggestions in your recipe guide.
5. *Prep for success.* Plan time to batch cook, also known as pre-cooking meals to make eating healthy when you have no time to cook.
6. *I will be giving you bi-weekly guides to support you to make changes in your life.*
7. *I will be giving you handouts relevant to making mindset changes that will help you for a lifetime.*
8. *Plan snacks for the week.*
9. *Be open to receiving love and support.*
10. *Love yourself with all your being and if you cannot love yourself YET, I will.*

Are you ready to experience a transformation like no other?

Let's dive in!

To your healthy, new mindset,

Ivette