

## Hello Ageless Beauty!

We are thrilled that you have chosen to engage in the Eat Live Thrive virtual program. In addition to the reading assignment we give you each week from the book, the videos are essential and will provide new teaching and important overviews and perspectives to achieve lasting success. Each week, we focus on the mental, physical, and spiritual dimensions.

### Important tips and reminders shared in Module One:

1. **Give yourself lots of grace** as you embark on this journey. Let go of your old “all or nothing” and “black or white” attitudes. You know the one that tells you that you might as well go ahead and eat anything you want the rest of the day since you fell off track at lunch. Or, now is not a good time to try to lose weight because you're so busy.
2. **There is never a perfect time to lose weight.** We can come up with all sorts of excuses, but they don't help us. Now is the perfect time to begin new habits. Even if it's smallest little steps because each little success will motivate you to take another step.
3. **Use the word training versus trying.** You are training to adopt a new and sustainable lifestyle. Just like trying to learn a new skill like tennis, it will take time to develop the habits and skills to consistently eat healthfully and maintain an active lifestyle. It is consistency and a positive attitude that will keep you going and realizing slow but sure results.
4. **Reviewing the videos** more than once can be very helpful. We also suggest going through the entire program every six months to ensure that these new concepts and practices become part of the fabric of your lasting lifestyle.
5. **Don't underestimate the power of your unhealthy self-talk to keep you stuck.** Take the time this week to pay attention to how you talk to yourself and what you really believe about your health and your ability to lose weight. These deeply ingrained thoughts are powering your actions more than you can imagine. But you don't have to stay stuck. Take the four steps we teach in the book and in the video to erase and replace your old negative self-talk with powerful life changing truth.
6. **If you feel like you can benefit from live coaching,** please consider joining our live thrive Academy where we meet twice a week to encourage our women, answer their questions and help fine tune their lifestyle plans. It is highly affordable starting at just \$12.95 a month. However, as a virtual program customer, you can save 25 to 40% on our memberships at this exclusive link: <https://eatlivethriveacademy.com/your-next-step/>

Praying for you and wishing you the greatest success in your lifestyle journey!

Danna & Robyn