

## Hello Ageless Beauty!

You made it to Module Two and we're here to encourage you toward your goal.

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

1. **Evaluate your first week (or two):** How would you rate your compliance to the Elimination Phase during your first week of the ELT Diet? On a scale from one to five with one being miserable and five being perfect, how did you do? Whether it was great or you feel like you failed miserably, both are good learning opportunities. Identify what went right and what held you back. Write them down in a journal and write down ways you can overcome the failures. Ask yourself questions like: Was I prepared? Did I have enough approved snacks and other foods to keep me satisfied? Did I get enough sleep? Do I believe I can do this?
2. **Use a journal to record your thoughts and prayers.** Research has proven time and time again that logging/journaling is a powerful tool for our long-term success. Just the act of writing out our thoughts, feelings, and prayers connects our mind and body in powerful ways. We highly encourage you to start your journey with daily journaling. We encourage you to use a journal to write out your deepest feelings, prayers, and answers to prayer! We will be talking more about prayer journaling toward the end of the program. However, you can always skip ahead on this extra bonus session and watch the video on the 4 Keys to Hearing the Voice of God and prayer journaling that is posted with Module 6.
3. **Notch up your elimination level.** If you've completed at least 5-7 days of Level 1 Elimination, consider removing a few more foods so you can see how your body responds in both weight loss and overall wellbeing. Level 2 Elimination removes dairy, nuts, beans, and legumes as these are common food culprits. You may also want to consider adding one or more of the cleansing components detailed in Level 3 such as the ACV Cleansing Drink that greatly aids in digestion. Even if you simply make one change, try to notch up this week.
4. **The healthy recipes in our book can make a huge difference in your success.** If you haven't taken the time to make a few of our recipes, we highly encourage you to do so this week. Having some grain free and very low sugar treats or savor snacks will help you feel satisfied and stick with your program. The various muffin recipes and sun cookies are some of the favorites. And of course, the healthy chocolate recipes are always a hit.

Praying for success in your lifestyle journey!

Danna & Robyn

**P.S.** If you haven't already, consider joining **Eat Live Thrive Academy** for live coaching and support. You can save 25% to 40% on our memberships at this exclusive link: <https://eatlivethriveacademy.com/your-next-step/>