

Hello Ageless Beauty!

Important tips and reminders shared in Module Three:

1. **Evaluate the past two weeks:** How would you rate your compliance to the Elimination Phase? Did you eat close enough to plan to move into the Discovery Phase? If not, you'll want to complete 5-7 "clean days" before moving into Discovery.
2. **Evaluate Your Healthy Self-Talk Progress.** As we re-emphasize in Module 3, memorizing and repeating your most important new messages is essential to permanently rewiring your neuron pathways so that *new* dominant thoughts can become your new normal and drive your emotions and behavior. How have you done thus far in training to make Healthy Self-Talk a part of your daily habits? No judgement. Just be honest with yourself. If you are not giving this important habit daily attention, what can you do today and moving forward to make it a priority?
3. **Are you journaling and/or logging?** This is an important factor in your success. If this is a hard habit for you to do consistently then consider getting a "month-at-a-glance" calendar and create your own "key" to record your daily accomplishments. Here are a few suggestions for simple logging: L-1, L-2, L-3 if you are on any level of the Elimination Phases. D for Discovery and perhaps note the food you are testing that day. LP = Lifestyle Phase if that is how you are eating. For exercise use: AE = Aerobic Exercise, WT = Weights/Strength Training, S = Stretch. HST = Healthy Self-Talk, 3D = 3D Habits, etc.
4. **If you want to go to the next level with dynamic habit change, consider getting:** Atomic Habits by James Clear at this Amazon Link: <https://amzn.to/3la2nfc>
5. **If you are beginning the Discovery Phase** Plan which food(s) you want to test first. Consider the one(s) you suspect may be troublesome for you or the one you like best. Remember: If you are testing a grain, put it "back on the shelf" when you are done testing and do not eat it again until you've tested all the grains you want to evaluate. We do highly recommend that you print the Discovery worksheets and use them to evaluate your results most accurately.
6. **How is your relationship with the scale this week?** Do you have realistic expectations of how fast the scale is moving (or not)? Did you measure and re-measure? Are you using a tight pair of pants to get a visual of your progress?
7. **REMINDER:** Your Virtual Program Website is: <https://www.eatlivethrivediet.com/elt-virtual-dashboard/> The Password is: **VICTORY**

Praying for success in your lifestyle journey!

Danna & Robyn