

## Hello Ageless Beauty!

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

1. **Evaluate the past two weeks:** How would you rate your compliance to the Discovery Phase so far? What did you learn about the foods you tested?
2. **Are you overcoming the “deprivation mentality”?** As you face off daily temptations and social situations that present opportunities to go off track, are you choosing to shift your attitude from one of feeling deprived to one of empowerment saying, “I am choosing healthier options not because I “have to” but because I “want to”? Tell yourself: “Looking and feeling great is so much more satisfying than a few fleeting moments of something tasting great.”
3. **What is your big “WHY”?** Pondering and answering this question is very important. If you’ve not yet done that, please do so this week. Once you’ve determined one or two of your highest motivations, take time each day – ideally in prayer and with God to visualize yourself living out the lifestyle that will get you there AND enjoying it.
4. **Are you journaling and/or logging?** Yes, we’ve asked this already. But...if you are not consistently logging or journaling, why not? It’s that important.
5. **Continue Your Discovery Phase** What have you learned so far? If you grow weary of testing, remember that you can circle back and do another 7 days of elimination later and then test more foods. This phase is often a process. Hopefully, you are discovering how sensitive your body may be to one or more foods.
6. **What are you learning about how your relationship with God?** God cares about your health. He cares about your challenges with living a healthy lifestyle and He is on your side. In our experience coaching thousands of women, we believe that God cares as much about your journey as he does reaching your goal. If you keep hitting the same roadblocks, ask Him what He is trying to teach you and to empower you to stay the course and not give up.
7. **REMINDER:** Your Virtual Program Website is: <https://www.eatlivethrivediet.com/elt-virtual-dashboard/> The Password is: **VICTORY**
8. **Eat Live Thrive Academy** is a resource that is always available to you to receive live weekly coaching and to connect with other like-minded members. Membership is highly affordable and can be cancelled at any time. Learn more at: <https://eatlivethriveacademy.com/>

**Praying for success in your lifestyle journey!**

**Danna & Robyn**