

Hello Ageless Beauty!

Small steps taken consistently add up in a big way over time

Important tips and reminders shared in Module Six:

- 1. What's Next?** Now that you've watched all six modules and hopefully have experienced all three phases to some degree, we want to encourage you to continue the process. Remember this is a cyclic eating plan and you will ideally do some level of elimination at least once each season. We realize that Rome was not built in a day, nor is your new, healthier lifestyle. The process of lasting change takes time to lock in. With that in mind, we encourage you to take the time to go thru all six modules again over the next 3-6 months. You may not actually complete each phase, but allow yourself to be reminded of the important objectives for each of them. You will likely pick up important tips and concepts you missed the first time. Please note that once each season, we almost always offer a group challenge called the **30-Day Slim Down Jumpstart**. It's a great way to reset and reboot in partnership with other like-minded women. It includes twice weekly live Zoom coaching. If you are on our mailing list, you will be notified when these challenges are available. Many of our most successful members do a challenge a couple times per year.
- 2. How was your first week in the Lifestyle Phase?** What did you learn? Do you feel like you need more or less structure? In this phase, you can determine to engage in what we call "planned indulgences" which is essentially going off plan for a meal or a day to intentionally enjoy foods on your caution list to include desserts. This is not giving yourself permission to go overboard or binge, but to strategically partake of special foods in controlled amounts. Allowing yourself this freedom on occasion can help you feel less deprived. However, for some women any sugar at all could cause a cascade of cravings. Test yourself carefully and always plan to reset quickly over the days ahead with an extended intermittent fast and/or an elimination diet for 1-5 days.
- 3. Evaluate the quality of your fat intake.** As you continue to notch up your nutrition, consider taking inventory of the quality of fats in your diet. Look at all your packaged foods. Do they contain inflammatory oils such as canola (the worst), soy, corn, safflower, etc.? What oils do you cook with? We recommend tossing the above mentioned oils, and stocking your cupboards with quality extra virgin olive oil, coconut oil, and avocado oil. Don't forget to check your salad dressings. Most are canola and soy. Start making your own using our delicious recipes.
- 4. New Mental Habits Worksheets:** Did you print and complete these? They can be very helpful tools as you continue to work on changing your habits from the inside out.
- 5. It's measurement time!** How has your weight, tape measurements, and how your clothes fit changed in the last several weeks? Do you have realistic expectations moving forward? Were you encouraged or disappointed by your progress? Remember, this is a lifetime journey. Your victory is dependent upon your mindset and consistency in taking action. We all fall off track. Resetting quickly is the key.

6. **The Eat Live Thrive Academy** has been a lifeline of support for hundreds of our clients. By participating in live coaching a couple times a month or even listening to recorded sessions, women realize they are not alone and learn a lot from women as they get their specific questions and challenges addressed. We invite you to consider joining us at: www.EatLiveThriveAcademy.com

Praying for success in your lifestyle journey!

Danna & Robyn