

Day 1

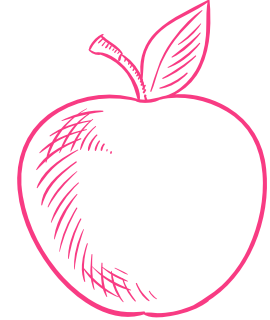
# DISCOVER, DECIDE & DELIGHT

## Action Guide

There is good news.....

A healthy, happy lifestyle begins in the mind. Your body is a direct reflection of what is going on inside of your mind and this is good news because when we change the thoughts inside of our minds we change our lives and bodies.

Most women who want to get healthy don't know how or they restrict their food intake on crazy diets or exercise until they can hardly walk. In other words they punish their bodies and usually end up feeling worse about themselves.



You showed up here which means you want to do things differently!  
Yay, you!! You want to do life the healthy way...where you find joy and delight in life in the process of becoming they healthy you  
YOU KNOW is inside of you.



In order to make change we must first **DISCOVER** where we are starting. Slow down and listen in, take some time to discover some of the things you tell yourself. What are the negative things you tell yourself? Go ahead no one else is listening so be brave, check in and be honest with yourself on a scale of 1-8 where would you rate yourself after today's discovery? 1=I have a very long way to go and 8=I'm amazing so proud of myself!



Great you have probable discovered there is room for growth. If you are not at an 8 yet this is good news because you can grow and change, which is where the next step comes in.

Next, we must **DECIDE** to make change. All change begins with a single decision. What is your new decision? Be realistic and ask yourself what do you want your life to look like 90 days from now? 90 days is a realistic amount of time to make sustainable change so just look out just a few months and ask yourself what you really want it to look like...write it here.

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Now it's time for celebration...the **DELIGHT** part!! You did something new for yourself, you are on a journey to create a new more joyful, healthy & beautiful life and this is something to delight in. Take it in, take a few deep breaths and delight in the discovery and decision you made today! YOU did it! YAY you!!

Take a moment to delight in the decision you made today. Feeling the gratitude for the changes you've declared and the ability to make choices that in your life....it certainly is something to be thankful for!...write it here.

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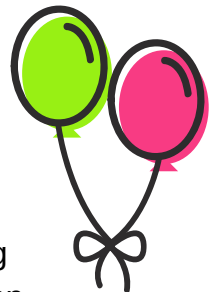
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To get the most out of this challenge be sure  
you.....

## 1. COMPLETE YOUR ACTION GUIDE EACH DAY

Simply reading this guide is not enough to help you make real lasting change. To make permanent change you must take an honest look at what's going on inside of you! Each day there will be a guide, complete it for the best time!



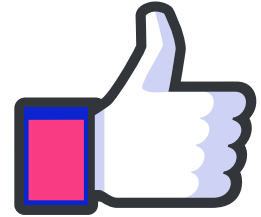
## 2. POST YOUR DELIGHT UNDER TODAY'S GRAPHIC

Share what you discovered and how you learned to turn that into delight. Sharing in the group this will not only encourage the other women in the group but you can also get the support you need to be successful and see how similar we all are. We need each other!

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### 3. JOIN ME ON FB LIVE AT 9:00AM PST/12PM EST (OR CATCH THE REPLAY)

Today you will learn how to discover your current habits without judgement and with curiosity so you can connect the dots between your thoughts and your behaviors this way you can learn to understand why you actually are what you think. So important!



### 4. CELEBRATE YOUR PROGRESS WITH THE HEALTHY WAY SCORE CARD



I love using prizes as a way to motivate you to take action. I've created a colorful scorecard for you to track your progress. Grab it [HERE](#) and check off each task as you do it. I'll be raffling off a prize next week to those who complete their score card! YAY You! You did it!

Day 1 done! You did it! Yay you!

YOU ARE ON YOUR WAY TO LIFE THE HEALTHY WAY!

