

Week One Outline

We will have an outline at the beginning of each week with the coming lessons. Each video lesson will have the length of the video so you can plan times to watch each one.

- Week One: Forms, Info and Trackers for download to use to set up your day for success and use as you go through the videos of the week
- Day 1: Changing Your Life 4 minutes
- Day 1: Building a Strong Foundation 16 minutes
- Identify: Pin Point and Diagnose 13 minutes
- Gut Health Assessment 1:30 minutes
- Healing Tea: Reset your health and gut 5 min
- Importance of Bone Broth 4:45 minutes
- PDF: Gut health, Healing Tea and Bone Broth recipes
- Drivetime University 8 min
- Finding Your Why! Building Inner Strength 3 min
- Motivation: What does your greatest life look like? 6 minutes
- Journaling 9 minutes
- Strong Foundation: Built on Gratitude 32 minutes
- Daily Habit of Meditation 20 min
- I AM Affirmation 3 min
- Motivation Daily Mantra 4 minutes
- 3 Steps to the Perfect Morning 8 minutes
- CEO of Your Health 24 Minutes
- Pre Pave Your Best Life 5 min
- The Slight Edge 17 minutes
- Motivation One Decision Away 5 minutes
- Clean up / Clear out 12 minutes
- Motivation Make the Choice 4 minutes
- Why you must set goals 3 minutes
- Putting it all together Week 1 16 min
- Guided Breathing 5 minutes
- Relaxation Meditation 8 minutes
- Gratitude Meditation 7 Minutes
- Week 1 Diet Options