



Welcome to week One!

Congrats on taking this first huge step into transforming your health and life! We are super excited to have you and look forward to walking with you on this amazing journey!

We want to spend this first week setting up a foundation of health so we can start building a new lifestyle towards healing.

Some of the goals we want you to focus on will be making sure this week and each week after the you are focusing on watching the video lessons, going through PDF printouts and worksheets. These lessons and worksheets will not only help guide you, educate you, transform you but also help us during the group coaching sessions to specialize each step towards your health.

Each week we want to make sure we are adding in the right steps to promote healing of your health.

Some of the biggest focus this week will be on adding some new habits into your daily routine

- 1) Journaling: This is an important step to help us tracking your progress, achievements and guide you through the process.
- 2) Your Hero's Journey: Writing out your Hero's Journey and one year goal is one of the first powerful tools we will use to help us customize and support you to reach the goals you want
- 3) Prayer, Meditation, Mantra and affirmation: We will be discussing more about this as it does play a role in your physical health as well as your mental health.
- 4) Nutrition Plan: At the end of the week you will be getting a grocery list and also recipes. We want to make sure everyone adheres to these guidelines 100% for the first 2-4 weeks.
- 5) Healing Tea Protocol and Gut health questionnaire: Depending on your gut health questionnaire results will effect how long we have you drinking the healing tea and also following the first steps of the nutritional plan.
- 6) 24 Hour fast. This is a big first step to take in the first week so as we go through the next 90 days we can look at expanding this for more health and healing benefits.



Weekly Check List: Week One

Diet: Grocery List and Recipes 100%

Fasting: 24 hour fast

Healing Tea

Journaling

Prayer Meditation Gratitude

Gut Health Assessment

Writing out your goals: Your Hero's Journey

Daily and weekly healing protocols