



*Gorgeous
For
Good*

In 6 Simple Steps

Online Workshop Handbook



How to get the most value out of this live workshop

- 1 *Print out this mini workbook and have it to hand as I take you through the curriculum*
- 2 *Think of your biggest wellness stumbling block, and have it in the top of your mind as we begin.*
- 3 *At the end of the workshop, I want you to think of one action that you will take within the next 24 hours. Because if not now, when? Taking immediate action on the first step of your wellness journey will get the momentum rolling!*



Here Are Some Of The Things You Are Going To Learn

Why eating a _____ can prevent and actually reverse 80% of degenerative diseases.

How consuming _____ & _____ will give give you all the iron you need in your diet.

How a simple daily _____ can and will completely change your life.

How _____ is the most neglected area of fitness, and yet the one that leads to the greatest incidence of injury.

Why eliminating _____ and _____ from your diet will help to balance your hormones.

How _____, _____, and _____ means that your thyroid is probably functioning at a less than optimal level.

How your _____ affects how your body functions. The most important food and supplement to detox your liver.

How low levels of _____ will affect your immunity, your _____ absorption, and your heart health.

Why _____, _____ & _____ can add to your body burden of toxic chemicals.



Answer These Questions To Help You Get The Most Out Of The Live Workshop

- 1 On a scale of 1 - 10 how much energy do you currently have at around 4 in the afternoon?
- 2 Do you wake up feeling tired?
- 3 Do you have a meditation practice?
- 4 On a scale of 1 - 10 what would you say your stress levels are on a regular weekday?
- 5 Do you ever switch off your phone and devices for an hour or more during the day?
- 6 How much do you walk during the day?
- 7 How many (rough approximation) diets have you tried over the last 10 years?
- 8 How many of them are still working today?
- 9 How do you want to feel in your body 5 years from now?
- 10 How many hours a week do you dedicate to taking care of yourself.



Notes:

