

EAT. PLAY. LOVE.

YOUR BODY. YOUR LIFE. YOUR RULES

*Live*

[GETTING STARTED]

*Yes!  
You're  
Here!*



# Why You're Here:

- ★ You "know what to do" ...but no matter what you try, you can't get yourself to actually DO it.
- ★ You do well for a little while, but as soon as you get off track, it's like a vicious spiral and you fall off the wagon .
- ★ You feel like your own worst 'enemy' when it comes to getting in your own way, and struggle with your self-image, your self-esteem, motivation, and willpower.

# Why You're Here:

- ★ When you look in the mirror, your eyes focus in on all the things that you DON'T like about yourself or your body
- ★ No matter how great of a mood you're in, the feeling of your jeans being tight, your muffin top hanging out, or the number on the scale, can (in a split second) ruin your entire day and send you into a tailspin of "not good enough" thoughts.
- ★ You're at the point where you've tried so many things that haven't worked that you almost feel jaded -- like you're not sure if anything will ever work, and this is just how it's going to be the rest of your life.

# But...

- ★ You also know that you simply cannot take another diet, exercise program or whatever the latest 'regime' is. You're exhausted. You're overwhelmed. And you're fed up of all the counting, measuring, hunger, and beating yourself up. Something HAS to change.

# What I Promised You:

- ★ A much simpler story about the body AND transformation
- ★ A path to LOVING Yourself Healthy...LOVING Yourself Happy.
- ★ A Permanent Solution (not short-term fix)

# The End Game:

Create the **fastest, easiest, most enjoyable** path towards permanent transformation (in and out of any 'bubble')

"I'm really excited to start my starvation diet tomorrow," said no one ever.



somee cards  
user card



# But before I spill the beans...

- ★ I want to help you understand (and feel better about) your past experiences
- ★ Why typical modalities/ways of 'do this, don't do that' set you up to fail (It's not your fault!)
- ★ Recognize: More than likely, this is your first time taking a more 'loving' approach to your transformation.

# The Current Problem:

- ★ The current 'solutions' are a slow zig-zag (two steps forward, three steps back)
- ★ They typically make you hate your experience of life along the way
- ★ You're walking around with a bunch of (what I call) dead 'weight' as you go....which makes the journey slower and harder than it needs to be.

# Why Does the Problem Exist?

- ★ There's this idea that you have to suffer along the way
- ★ We have always been taught to address the symptoms, the effects, or the pain...without addressing the system, the cause, or the wound
- ★ All attempts up until now have been made with resistance, dead weight, or with your 'fat head'
- ★ We've been taught to ignore the brain in favor of the body (what we want for our body)
- ★ You've been a passenger on your journey, looking for different pilots to get you there (instead of learning how to fly)

# Why Does the Problem Exist?

- ★ It's all been done through the eyes of guilt, shame, blame, and comparison of your past, future, or where you 'should be' by now or what others want
- ★ You never learned about Self-Acceptance and Self-Care like it was a skill (like playing the piano or learning Spanish)
- ★ You learned, studied, or obsessed over 'losing weight' and creating change...but never learned the skills necessary to get there, stay there, and enjoy your life!
- ★ You've been taught to use food and exercise as a weapon of control, punishment, restriction, judgment, comparison

# Why Most Systems Fail:

- ★ There is no system
- ★ It's too complex to understand
- ★ Unclear intent for the steps
- ★ The steps change too quickly or frequently
- ★ Lack of belief in the steps
- ★ Lack of belief in the outcome
- ★ Wrong timing
- ★ You're not ready for either the step, the phase, or coaching/input around it
- ★ You're committed to another system
- ★ You don't want it to succeed (you hate it!)

# How This Program is Different...

- ★ It addresses the root of the problem instead of mopping up the downstream effects. It addresses the system, not just the symptom.
- ★ It's designed specifically for long-term transformation, not short-term change.
- ★ It's designed to fit inside the context of your own life – rather than try to fit your life back inside of your program or plan.
- ★ It helps you address the mental, emotional, and physical roadblocks that typically keep women stuck in the on-again, off-again rollercoaster cycle.
- ★ It takes a brain-based, smarter-not-harder approach. As soon as we change your psychology and your neurology, your physiology can't NOT change too.
- ★ It's NOT another diet or exercise or “just love yourself, already!” program and is truly the system we use for living in our OWN lives, as well as passing on to every one of my personal 1-on-1 clients.

# My Hope:

- ★ This is the beginning of the rest of your life...this is the catalyst (for FREEDOM!)
- ★ That you find that it truly is a fun, easy, and permanent way of living

# My Commitments to You:

I promise to meet you where YOU are. That means:

- ★ I am not here to persuade you or talk you into doing things 'my way'.
- ★ I am here to educate you and give you clarity, so that you have peace of mind to "buy in" to a new way of thinking and living.
- ★ If you 'get it' and understand it, you'll be able to give yourself permission to trust the system, trust the process.
- ★ I want to help you acknowledge your fears (not dismiss them), but also help you get **past** them (or learn to work around them).
- ★ I want to help you raise the bar on yourself, your self-image, your self-ownership.
- ★ I want to help you create **INFLUENCE** in your life: Clarity, Strategy, Focus, Direction, Support (with acceptance, connection, and care)
- ★ Ditch a life of **CONTROL**: Restriction, Deprivation, Punishment, Persuasion
- ★ Live your life with **PLEASURE**: Freedom, Permission, Choice



# My Pledge to YOU:

I am going to lay it all out there for you:

- ★ My experiences/experiments, those of others, the science (and sass) behind it
- ★ Share my own way of thinking, living, and acting (I'll show you mine)
- ★ Invite you to create your own version of Loving Yourself Happy, Loving Yourself Healthy.

# If I do my job right...

- ★ This is it!
- ★ You can just focus on working the system, hacking your body, hacking your brain, and hacking your happy.

# My Invitations To You:

- ★ Set aside (approximately) 1-2 hours per month to go through each bundle.
- ★ Immerse yourself in this 'stuff'.
- ★ Learn about it. Try it on. Suspend any disbelief and go in it with the intention and possibility that this could be 'it' for you – this could be the 'language' you become fluent in.
- ★ Be vulnerable! Share your experiences. Share your truths. Share your 'wins' and your 'losses'.

# Just to Reiterate...

- ★ Food is not the problem (it's not the chocolate chip cookie, it's who you are **being** and how you're feeling with the cookie)
- ★ The plan isn't the problem: it's who you are **being** and how you're **feeling** when you're using it.
- ★ So we **MUST** design all of this for YOU. Make allowances for you. And ditch the shame, blame, guilt, and comparison around who you are, who you have and haven't been, and your relationship with your body and food (because let's face it, we all have our 'shtix' and our own brand of 'crazy')

# Just to Reinforce...

- ★ Old way of doing things isn't working.
- ★ You don't want another Band-Aid.
- ★ This is a new way of thinking and living – one built with the end in mind: For you to feel beautiful, happy, powerful, and FREE along the way.
- ★ How you feel MATTERS! Who cares if you have a 'rocking body' if you HATE who you have to be to get it or keep it?
- ★ Learning this system and way of living is a short term investment, life-long care.

*One Last Thing:*

I am here to stand  
for YOU.

(This is my life's work. I'm 'all in' 😊)

# Resign...

- ★ Resign to the fact that acceptance, connection, and care (and know like trust) IS the path to self-love (loving YOU and your body)
- ★ Let's be done with the 'fight' for good.
- ★ THIS is what I mean when I say EnLIGHTENment

# Because We've All Tried the Opposite of acceptance, connection, and care...

- ★ Rejecting yourself
- ★ Living disconnected from yourself and your body
- ★ Not adequately CARING for your mind, brain, body, and heart



# Or the Opposite of Know, Like, Trust:

- ★ Ignoring your body, not knowing/not listening to it.
- ★ Self-hate, criticism, unfair judgements
- ★ Making promises that don't mean anything, and then not believing a word you say when you make promises.

# So Let's Go in the Direction of LOVE

- ★ Love = Acceptance Connection Care
- ★ Love = Know Like Trust
- ★ Love = Freedom Permission Choice Pleasure

# These Are My Definitions

- ★ I invite you to use them or create your own definitions along the way, but either way, I urge you (I beg you!) to go in the direction of self love.
- ★ Love yourself Happy. Love yourself healthy.

# Take Action:

- ★ **Grab It:** The Self-Image-IFESTO
- ★ **Read It:** Read it when you have 5 minutes (It's a quick read!)
- ★ **Dive In:** Bundle #1: The EPLL Inner Compass Bundle
- ★ **Connect:** Come connect over in the EPLL Lifer's Facebook Group!

*Go Get Em' Tiger!*