



ABUNDANT LIFE LEVEL 2

TRANSFORMED TO BRIGHTER, LIGHTER, HEALTHIER

Step it up from Level 1: Going deeper.
With new menu plans, strategies, deeper understanding of principles.
Challenging yourself with new lighter living every day.

Because you can...



BUILDING ON YOUR NEW LIFESTYLE

EXPLORE, enjoy and develop your personality uniqueness

FINDING the path to grace - with yourself and others

HOW TO RELEASE the past to take hold of a new future.

EXPAND your knowledge base about nutrition, gut, and mental health.

DIVE into new concepts, such as the science of sleep and movement to enhance your life, fasting and breathing.

DISCOVER how to connect at a heart level to others.

Find your **WHY** and the HOW will follow.

WIN THE DAY with a fresh approach to habits and how to install them in your life.

Transformed to brighter,
lighter, and healthier.
Because you can!



7 WEEK JOURNEY

TRANSFORMED TO BRIGHTER, LIGHTER, HEALTHIER

- Exclusive access to the Level II Members area, recipes and online sessions
- Discover your personality type and find a path to grace for yourself and others.
- A brand new inspirational Ligh2live journal to keep track of your progress and stay focused every day.
- New menu planners and a food tracking journal
- 50 pages of new recipes to enjoy new Light2Live meals
- New and exciting food combinations to explore. Strategies for easy, quick meals and pack and go food.
- 7 group-coaching sessions with the focus on the topic of the week.
- Group Questions and Answers to bring clarity to any topic.
- 3 extra BONUS video sessions: Be inspired and equipped with tools from international leaders in their fields of expertise.

RECIPES VOLUME II



A JOURNEY OF ABUNDANT NEW DISCOVERIES



- **Session 1:** Discover your personality - what makes you tick and why you struggle. To know yourself better is to have more grace ... and the potential to create and thrive.
- **Session 2:** How to let go of the past to embrace the future. How to find your WHY for your next season.
- **Session 3:** Having goals? Now create a system. Here is how you reach your destination - one day at a time. Win-The-Day tools to support your journey.
- **Session 4:** Feasting or fasting. New science about protein and aging. Digging deeper into nutrition principles and how to apply them. What is GBOMBS and why are they important?
- **Session 5:** What fuels your gut? How your microbiome protects your health. New experts on gut health. Discussing gluten-free foods in depth. Delicious food and drinks to support gut-health.
- **Session 6:** The science of breathing and sleeping. How you breathe has a huge impact on how you age! Why good sleep matters and how to improve your sleep quality.
- **Session 7:** How to become stronger and pain-free through grounding, flexibility and movement.

Rewrite your story _____





BONUSES FOR YOUR JOURNEY

- Personality type analysis. Discover more about yourself and your loved ones. Expand your connection with extra videos to equip and inspire.
- Preparation shortcuts to save you time.
- Quick and easy meals
- Practical menu templates to simplify your food planning

Additional inspirational videos shared each week

- The soundtrack in my mind. How to stop overthinking
- How to connect at a deeper level.
- How your thoughts and emotions impact your life story.



THE 7 STEPS OF TRANSFORMATION

1. Set a goal
2. Gain the knowledge
3. Design a strategy
4. Create systems for success
5. Be accountable
6. Stay consistent
7. Celebrate your success

Your commitment to your success is to choose Light2live to partner with you on your new journey.

My commitment to your success is to help you achieve your goals using these 7 stepping stones.

**Transform to brighter, lighter, healthier
Because you can!**

Rewrite your story _____



Helping you transform to brighter,
lighter, healthier. Because you can!



ABUNDANT LIFE LEVEL II

GROUP PROGRAM 30 May - 18 July 2023

PRICE OPTIONS (**GROUP PROGRAM***)

Full price (Once-off payment): R2800

Two payments (monthly): R1 450 pm

Three monthly payments: R975 pm

Six monthly payments: R495 pm

How to sign up:

1. *Select a payment option to sign up.*
2. *You will be redirected to the Level II welcome page to complete your registration*
3. *You will receive member rights to the Level II Members area*
4. *Download your new recipe book and enjoy!*

Rewrite your story _____



Take your lifestyle transformation to a new level.
Now it's time to spread your wings!



ABUNDANT LIFE LEVEL II

All sessions repeat 3 times per week. Attend any session that fits your schedule the best.

Session 1 :

30 May 2023 at 15h00

30 May 2023 at 19h00

1 June 2023 at 12h00