



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...



READY FOR A NEW SEASON IN YOUR LIFE?

RELEASE the past to take hold of a new future.

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

ACCEPT, enjoy and develop your personality uniqueness

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

Discover why it's good for you to walk barefoot in your garden.

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

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lighter, and healthier.

Because you can!



Light² LIVE 7 WEEK JOURNEY

TRANSFORMED TO BRIGHTER, LIGHTER, HEALTHIER

- Exclusive access to the Level II Members area, recipes and online sessions
- A brand new inspirational Ligh2live journal to keep track of your progress and stay focused every day.
- A variety of 10-day weekly menu plans to choose from.
- 30 new recipes to add to your existing Light2Live Recipe book
- New and exciting food combinations to explore. Strategies for easy, quick meals and pack and go food.
- 7 group-coaching sessions where we discuss the topic of the week.
- 7 feedback group sessions for all the questions you want to ask or stories to be told
- 3 extra BONUS sessions: Be inspired and equipped with tools from international leaders in their field after completion of the program.



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 pain-free through movement, flexibility and being grounded

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 video's to help you get flexible and move

Additional inspirational videos shared each week

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



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 _____



Want to have a renewed life in 2023?
Take action to make it happen!



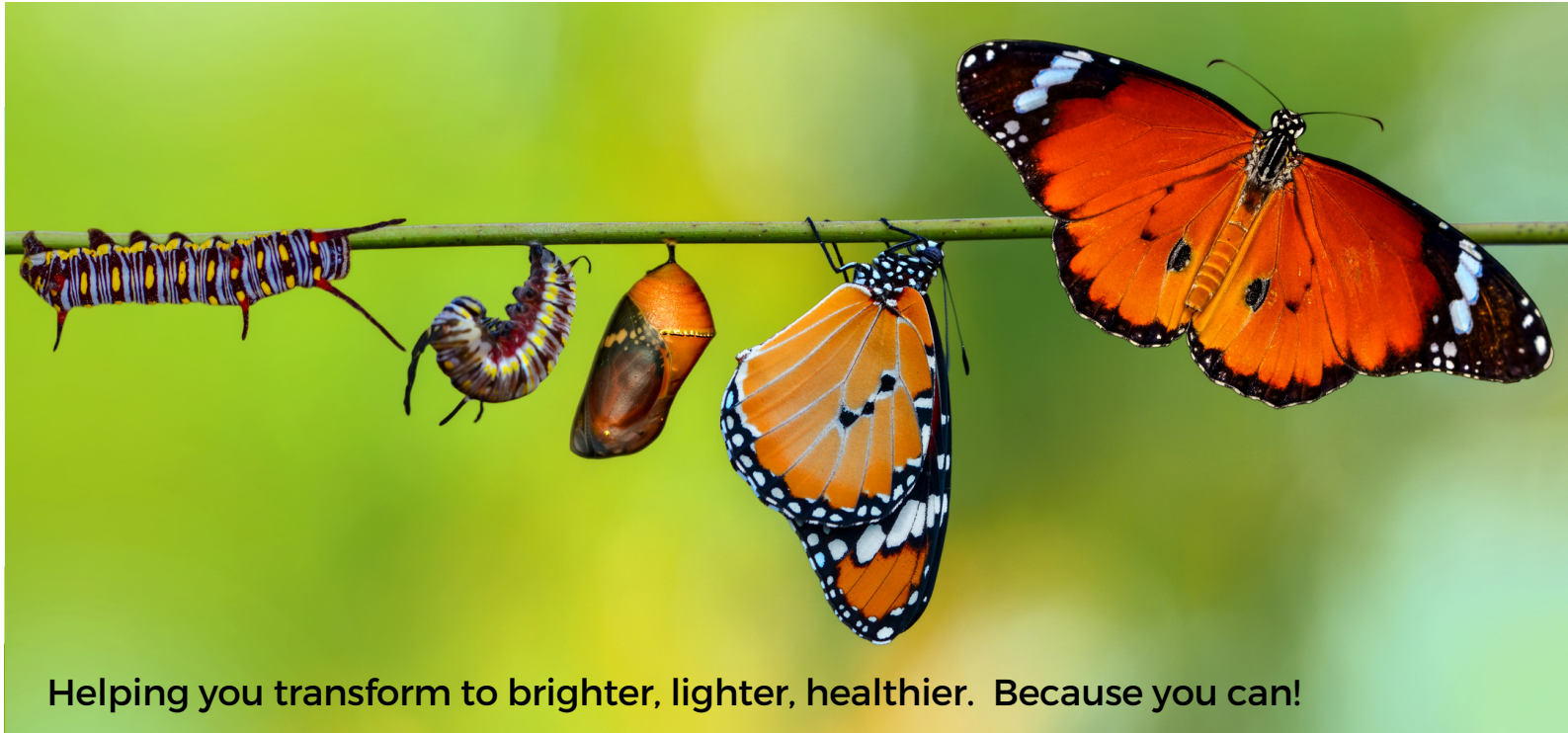
17 January - 7 Mar 2023

ABUNDANT LIFE LEVEL II

SIGN ME UP

ABUNDANT LIFE LEVEL II

17 January - 7 Mar 2023



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

PRICE OPTIONS

Full price (Once-off payment): R2100

Two payments (monthly): R1 100 pm

Three monthly payments: R750 / month

Six monthly payments: R390 / month

SIGN ME UP