



This module our GM Action Steps focus on creating an opportunity for your body to release fat naturally. Your Coach will expertly guide and monitor you, ensuring your physical, emotional and mental needs are met in this exciting period.

GM ACTION STEPS

- Explore the practice of Organic Intermittent Fasting (Allow your hunger to control frequency and timing of 'Add the Big 3')
- Listen to this module's Visualisation every afternoon
- Add a Daily GM Break 'Revive'

Continue to improve your application of the GM Action Steps learned to now

- Improve the quality of your Sleep (Check for Sleep Apnea)
- Listen to a Visualization every morning
- Listen to a Visualization every evening
- Drink more water
- Add the Big 3
- Continue with suggested GM Supplements (as needed)

Jon recommends these GM Programs as they are specific for helping you master this modules GM Action Steps:

