



Our GM Action Steps for this module concentrate on creating and supporting a detoxifying lifestyle. Your Coach will carefully design and support you during this period of emotional release and physical healing.

GM ACTION STEPS

- Enjoy a GM Detox drink often
- Listen to the Detox Visualization every afternoon
- Add a Daily GM Break 'Detox and Renew'
- Consider following GM Detox program

In addition please continue to include the GM Action Steps learned so far

- 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:

