



CLEAR SKIN FREEDOM

Your clear skin lifestyle plan



LET'S DECIDE ON THE 3 ACNE CLEARING ACTION STEPS YOU'LL TAKE DAILY AND PUT THEM INTO YOUR LIFESTYLE.

So, quickly, as a recap from our last video:

Most likely, the biggest issue causing your breakouts is _____, (a) followed by _____ (b), and followed by _____ (c).

Today, we're going to take everything we learned this week and decide on 3 action steps you'll take daily, to help you FINALLY clear your skin, easily.

For example:

If you know that **digestion issues are triggering breakouts**, you'll decide:

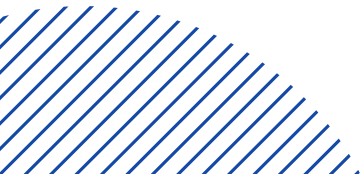
Every day, to support my digestion, I will take a probiotic with breakfast.

If you know that blood sugar management issues are triggering breakouts, you'll decide:

Every day, to support balanced blood sugar, I will substitute all artificial sugars with fruits and have a banana + almond snack in the afternoon, instead of chocolate chip cookies and a coke:)

If you know that hormonal issues are triggering breakouts, you'll decide:

Every day, to support my hormones, I will take milk thistle every AM with breakfast (after of course, doing my research and checking with my doctor:)





THE POINT OF WRITING THESE ITEMS DOWN AND DECIDING ON WHEN YOU'LL DO THEM, IS THIS:

IT'S MUCH HARDER TO FOLLOW THROUGH ON PROMISES YOU'VE MADE TO YOURSELF WHEN YOU DON'T SCHEDULE THEM IN.

Whenever I say, "Oh, I'll go to the gym this week", honestly, I usually don't get there.

BUT, if I decide on Sunday night: "Monday is leg day with 30 minutes of cardio, Tuesday is abs day with a dance class" etc. you can bet your booty that I go.

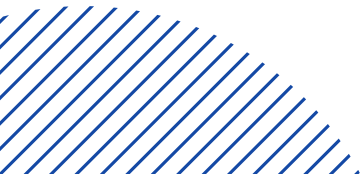
Because it's planned.

And as a result, keeping up healthier habits becomes easier because they fit into my life AND my skin stays clear in the process.

I want that for you.

I wanted to arm you with these 3 acne clearing steps that actually fit your lifestyle and clear your skin at the same time, that are based on your unique skin needs.

Write your 3 steps below, put the items in your calendar, and leave me a comment below the video with them as well. I can't WAIT to see all of the clear skin goodness to come!





3 DAILY ACNE CLEARING ACTION STEPS BELOW:

The 3 Action Steps I will take daily for clear skin are:

Every day, to support my_____ (a), I will
_____ at this time_____.

Every day, to support my_____ (b), I will
_____ at this time_____.

Every day, to support my_____ (c), I will
_____ at this time_____.

