



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!



12 WEEK JOURNEY

TRANSFORMED TO BRIGHTER, LIGHTER, HEALTHIER



- Gain exclusive access to the Level II Members area, complete with delicious recipes and engaging online sessions.
- Discover your personality type and find a path to grace, both for yourself and those around you.
- Receive a brand new inspirational Light2Live journal to help you track your progress and stay focused every day.
- Enjoy new menu planners and a food tracking journal.
- Access 50+ pages of fresh, delightful recipes to savor new Light2Live meals.
- Explore exciting new food combinations and strategies for easy, quick meals, including convenient pack-and-go options.
- Benefit from seven individual coaching sessions tailored to the topic of the week and your unique needs and questions.
- Enjoy three extra BONUS video sessions featuring inspiration and tools from international leaders in their fields of expertise.
- Be supported on your journey towards health and well-being with personalized guidance and resources.



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 _____



A lighter brighter future is waiting...



Will you spread
your wings?

PAYMENT OPTIONS

Once-off: R5250

Save R500 with EFT payment

2 payments: R2650 x 2 months

3 payments: R1775 x 3 months

6 payments: R895 x 6 months

www.light2live.com

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Light²
LIVE



Pay only **R4 750**

Payment to:

Bank: Nedbank

Account holder: Light2live Pty Ltd

Account nr: 1214675719

Type: Current account

Reference: Your name and surname

Send proof of payment: Email to

Account@light2live.com

**SAVE R500
WITH EFT!!**

Rewrite your story _____

