

## **Where to Start:**

1. Clear Curses
2. Essential Oil Ceremony
3. “21 Days to Happiness”
4. Candida Cleanse
5. Raise your Frequencies
6. Develop SMART Goals
7. Develop a functional Exercise Program
8. Peruse this Journal
9. Subscribe

(To Jay: we'll need links from each of these steps to their corresponding articles, videos, etc.)