

- 1) Listen to Self-Mastery Technology every day.
 - i. Listen at least ONE TIME PER DAY...There is free online streaming available for this. Just plug your headphones into the computer.
 - ii. For faster, more accelerated results, you can purchase the "Self-Mastery Technology" light and sound machine (through this website) which will come with additional sessions to listen to.
 - iii. For the best results, listen 10 minutes in the morning as soon as you get up, 20 minutes during the day, then 10 minutes right before you go to bed.
- 2) Print off the Club Reduce[®] Eating Plan and follow it!
- 3) Purchase Herbalogica's **Nutritional Shakes** (Available through this website) and start using them daily.
- 4) Print off the daily eating diary and fill one out each day. (Studies show that those who keep weight loss diaries lose twice as much weight!)