

Name: _____ Week _____ Date: _____

Name: _____ Week _____ Date: _____

Name: _____ Week _____ Date: _____

Essay Writing Exercise

Think back to the time you decided to join the BAV course. How did you feel? What prompted you to make a change in your life? Share your thoughts and emotions at the time and your feelings now that you are on your way to becoming a Alkaline Vegan Wellness Consultant. What is your "why"?

