

VEGAN SPARKLES.COM

# THE SPARKLE PROJECT

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*Getting Started Guide*

*Hi beautiful,*

Welcome to the Sparkle Project!

Congratulations for making the decision to take control of your own health! Get ready for a lifestyle overhaul, a fresh mind, and a revitalised body.

The next 6 weeks are going to rock your world.

I'm going to give you a *ton* of powerful, practical nutrition info & inspiration. We'll cover healthy food prep, cooking tips & tricks, yummy healthy recipes and how-to's.

I'm also going to give you the tools you need to put it all into action - to help you to finally be the kind of person who is effortlessly healthy and sparkling with energy.

As we move through the program you'll become better acquainted with your body. You'll begin to truly understand that what we eat and how we feel are powerfully interconnected.

My intention for this program is to give you the education and clarity you need to become the absolute best version of yourself.

So let's get started!



# *Getting Started Step # 1*

*Shine a light on your current meal habits.*

Start by writing down what your current typical day of food looks like.

Do you eat breakfast? What sort of lunches do you eat? How much water do you drink? Do you drink soda and/or eat salty snacks? Are your dinners usually home-cooked or do you eat out? What are your portions like? How do you feel after meals? Do you usually have wine or dessert? How are your sleep and energy levels?

Be brutally honest and write it all down in as much detail as possible. There are no wrong answers here, beautiful. This is just your starting point and the clearer your picture of where you currently are, the faster you'll be able to move forward.



# *Getting Started Step # 2*

*Get clear on how you want to feel*

Before we kick-start this program into gear, let's take a moment to consider why you're here. You might believe you're here to drop a few dress sizes, get a glowing complexion, or simply learn how to eat well.

But what if we go deeper than that?

If you really think about it, I think you'll find that you're here because you want to FEEL a certain way.

Spend some time this week thinking about how you want to FEEL at the end of this program. Find somewhere quiet, close your eyes for a moment and take a deep breath. Become aware of how your body feels in this moment. Imagine how you'll feel after 6 weeks of a clean-eating lifestyle. Picture yourself feeling radiant and ready to take on anything.

How does it feel? What words and emotions come up for you? When you visualise yourself at the end of the program, do you feel confident, playful, sexy, clear-minded, light, carefree, strong, energised, glowing, calm, cheerful, excited, feminine, or brave? Or perhaps balanced, glamorous, sensual, liberated, joyful, nourished, relaxed, whole, spirited, or empowered?



# *Getting Started Step # 2*

*Get clear on how you want to feel (cont.)*

Open your eyes and write down down 3 - 5 positive feelings that most resonate with you. Your goals are completely personal and specific to you and getting a clear picture of them is the most powerful step you can take to propel you towards them.

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Well done, beautiful. These intentions are powerful. Strongly grounding yourself in your core desired feelings will help you make better food choices, and referring to them frequently will remind you why you decided to reboot.

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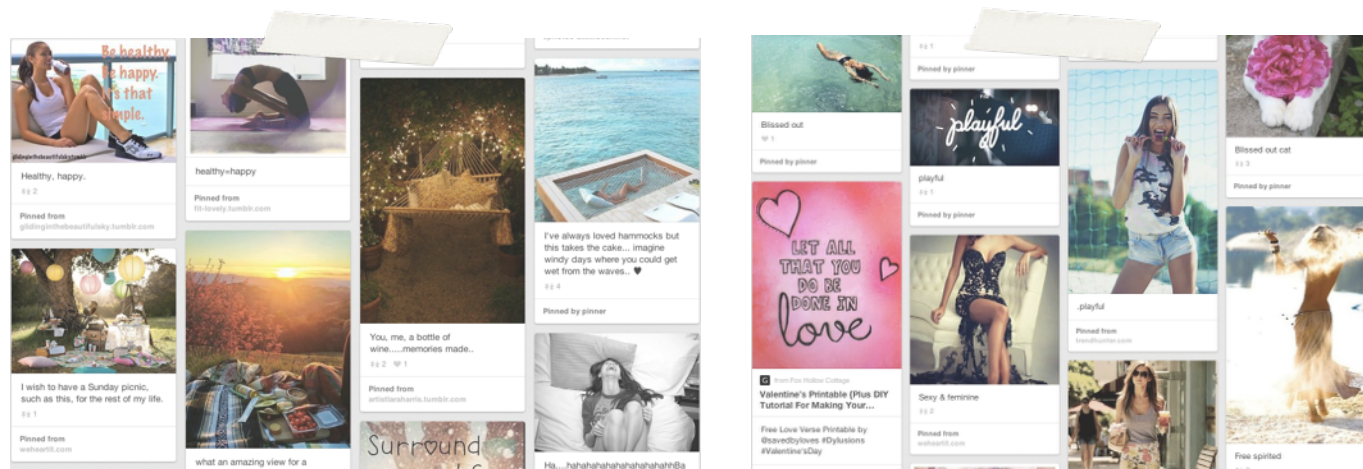
## Getting Started Step # 3

### Create a Mood Board

If you're serious about this mind and body make-over, take your intention-setting one step further and create a visual mood board that embodies all of your core desired feelings:

- Cut pictures from magazines and create a mood board collage on your fridge or on a pin-up board.
- Or use a free on-line tool like [Pinterest](#) or [Pixlr Express](#) to create a photo collage (see mine [here](#)).

Look at your mood board often so you're constantly reminded of your goals and intentions.



# *Getting Started Step # 4*

*Set Your intentions for this program*

Write down your intentions for the next 6 weeks.

What do you want to learn during this program?

Be specific. Writing these down is a powerful way to highlight and recognise any issues you may otherwise gloss over.

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# *Getting Started Step # 5*

## *Fridge & Pantry Shake-down*

Get ready for this program by purging your kitchen of any and all junk food offenders.

If it doesn't promote health, donate or get rid of it.

Be a food detective and read the labels of everything in your pantry. If it contains artificial sweeteners, colours, flavours, preservatives, or any ingredients you can't pronounce, it's outta there!

The more you stay committed to whole foods and simple ingredients, the more your health will benefit. This program is based on clean-eating, which means we'll be eating pure, natural foods and kicking packaged, processed foods to the kerb.

While you're there, declutter your kitchen as much as possible. Donate items you no longer use and recycle any broken appliances. Clearing your space will help you to stay motivated and inspired throughout the program. Our environments are often an external mirror of our internal minds and life, and quite often when you free yourself of the extra stuff, extra weight tends to come off too. Having a fresh, organised space helps you to feel more zen which means you'll enjoy creating more meals at home.



# *Getting Started Step # 6*

## *Re-stock Revolution!*

Once you've cleared your kitchen of junk food and clutter, it's time to reward yourself by restocking it with your favourite healthy foods.

For the first week of the program we're going to focus on creating a lot of easy, nourishing juices, smoothies and Buddha Bowls. So take some time now to revisit the Shopping List example from your Eating for Energy eBook (page 22) and stock up on as many wholesome goodies as you can. Think beautiful, juicy fruits, fresh herbs and crisp vegetables the colours of the rainbow. Show your pantry some love too, with dried herbs & spices, beans, nuts, lentils and whole grains.

Remember: only choose healthy foods you actually like. There are plenty of healthy options that will make you feel amazing without you having to force yourself to eat foods that don't excite you. This program is not about deprivation or punishment - it's about building healthier, lasting habits and creating a life you love.

We'll experiment with superfoods and other options later in the program.

If you don't already have a juicer, this is a great time to invest in one or borrow one from a friend. Glass mason jars also come in very handy.

## *And Lastly...*

Thank you for joining me. I'm honoured you're here.

My mission is to help women transition to happier, healthier lives, reignite their sparkle, and fall in love with life again, and that starts with beautiful souls like you.

This program is not based on deprivation or punishment. It's a program deeply entrenched in clean eating and self love. It's about getting your glow on, from the inside out.

See you in Week 1!

♡ Bex xx



# *What Graduates are saying...*

*I'm a new ME with a new LIFE. Thank you from the bottom of my heart.*

LINDA MCINNES, SOUTH AUSTRALIA

*I highly recommend this program to anyone who is interested in turning their life around.*

SHIRLEY JOHNSON, WESTERN AUSTRALIA

*A life changing experience, a true awakening!*

ILDI GWOSDZ, VICTORIA, AUSTRALIA

*I lost 8cm from my waist and don't need 'Nanna naps' anymore!*

AMANDA ROBERTSON, WESTERN AUSTRALIA

*I knew it would be this program that transformed me and I was right.*

REBECCA MURRAY, WESTERN AUSTRALIA

*Permanent changes have been made... I am on the right track.*

CATH WILSON, WESTERN AUSTRALIA