



Take a minute and discuss your **BIG WHY** right here. Be honest. Get to the Truth and the Root of your motivation - this will serve you for years to come.

PRINT THIS MULTIPLE TIMES AND HANG THIS IN YOUR DRESSING ROOM, BATHROOM, BEDROOM, KITCHEN, IN YOUR CAR, AT WORK, AND ANYWHERE ELSE YOU MAY NEED TO REMEMBER THIS.

READ THIS OUTLOUD TO YOURSELF EVERY MORNING AND IF NEEDED BEFORE EVERY MEAL AND BEFORE BED.

YOU DESERVE TO BE HAPPY AND HEALTHY AND THE EPIC FIVE PLAN METABOLIC DETOXIFICATION DIET IS A SOLID, HEALTHY FOUNDATION TO EVERYTHING ELSE THAT WILL FOLLOW.