



## ADVANCED INSTRUCTIONS

**C**ongratulations on taking a step toward good health and wellness! Whether using **Sweet Change** to combat cravings or as a diet and weight loss tool, it can help reinforce your intention and help you achieve your goal. We have compiled advanced instructions to guide you to maximize the benefits of **Sweet Change** and clarify your game plan for success.

When embarking on any journey, the first step is figuring out where you want to go. Before using **Sweet Change**, ask yourself why you are using it. What do you hope to get out of it? Do you want to stop giving in to that mid-day cookie? Do you need to lose weight? Do you want to overcome an addiction? While **Sweet Change** can help with a variety of issues, it's essential to be clear on how it can best work for you. Set up a clear goal and game plan for what you'd like to change in your life.

What's the game plan? With any game plan you need a daily course of action. A thousand mile journey begins with one step, and you need to follow that one step with multiple steps to achieve your goal. Use **Sweet Change** as part of your master game plan and your daily actions. By using it daily, it will help reinforce your intention and goal. In addition to the herbal benefits, the very act of each spray of **Sweet Change** will be a

reminder of the bigger picture, a reminder of what you want to achieve.

### **The Bigger Picture**

Say you have a bad habit of caving into a craving for a sugar and fat-filled pastry with your coffee instead of a healthy breakfast. Will one pastry throw off your diet and harm your health?

Most likely, no. But, if you give in to eating that pastry every single morning, where will you be with your health a year from now, or two or three... or even ten years from now? It can be hard to put aside the instant pleasure or convenience and see the big picture—that hypnotic day-to-day living, especially at the expense of your health, may have consequences.

While **Sweet Change** is not a stand-alone product that will fix all your problems and bad habits, it is however, a tool that can help you to reach your goal when used properly. Introducing **Sweet Change** into your daily routine helps shake things up, so to speak. Crave the Change! Break the habit one day and one spray at a time! Again, half the battle is deciding to make the change. Make the change with **Sweet Change**.

*Don't miss the companion meditation to go along with the daily use of Sweet Change. Coming soon in PDF and mp3 formats!*

*Send comments and questions to [info@sweet-change.com](mailto:info@sweet-change.com).*