

Elf gif (Dec 14th)

Tag- breaking sugar addiction

Is this going to be you this holiday season!?! I get it, you want to lose weight but 🍷 🍩 🍪 keep your cravings on overdrive. What if I told you I could help you break up with sugar, cut your addictions, and lose weight? If it worked for me, trust me it can work for you, too. Don't wait until January to start your resolution, kick bad habits to the curb before the holidays. Think of it like a 🎯 to yourself! All it takes is 10 days. Are you up to the challenge ?

Comment, "I'm in" and name your addictions. 🗨️ 🗨️ 🗨️

See It, Believe It photo (Dec 15th)

Tag-Resolutions

Set and actually follow through with your resolutions this year. It's simple... talk less about it, be more about it. 🗨️ 🗨️ Success will be more of a reality and less of a myth if you take action.

Make Today Amazing photo (Dec. 15th)

Tag-motivational

🗨️ 🗨️ Some daily inspiration for you guys! Positive thinking goes a long way, so make today amazing. 🗨️

What is your favorite inspirational quote, and why??

Beyonce gif (Dec. 16th)

Tag- resolutions

Okay, so I may not be Beyonce, but I certainly feel like her! In 2016 I cut my cravings and felt like a ★ .

I'm ready to share my secret with you for 2017, but I have to know: Are you in ? What are your #healthgoals for the new year? Comment below. 🗨️ 🗨️

Shine Bright photo (Dec. 17th)

Tag-income

So glad that I found my career, it changed my life for the better. 🗨️ 🗨️ 🗨️

If 💰 wasn't an issue, what would your dream job be?? Drop your comments below 🗨️ 🗨️ 🗨️

Number Mistake photo (Dec. 18th)

Tag- income

I'm beyond thankful for the opportunities I've been given, and since it's the season of giving...I'm ready to share my secrets

What if I said you could lose weight AND gain some extra cash for the holidays while doing it? 🗨️ I know, right! So, first 5 people to correctly figure this out in the comments below will get an early holiday 🎁 from me!

Resolutions gif (Dec. 19th)

Tag- resolutions

Last year's top four New Year's resolutions were:

1. Enjoy and live life to the fullest 🏹
2. Stay fit and healthy 🏋️‍♀️
3. Lose weight 📉
4. Spend more time with family 👨‍👩‍👧‍👦

Are any of these on your list for 2017? Which ones?

What's Stopping You photo (Dec. 20th)

Tag- resolutions

Real talk: What's stopping you from reaching your goals!?

Is it 🕒 ? Time? Your health?

What's your most outrageous resolution for 2017, AND are you going to make it happen ? Comment your resolutions below and drop this emoji 🤖 if you want to know mine. 🤖

Nothing's Impossible photo (Dec. 21st)

Tag- motivational

I love inspirational quotes like this! 🗣️ It helps keep me going when I start to feel like I can't finish my challenges. I'm starting a new group cleanse on January 9th and would love if some family and friends joined me

So, the first 5 people to comment their #healthspirations get a \$50 gift card from me to jump start your healthy lifestyle. 🙌🙌

Math Problem photo (Dec. 22nd)

Tag- resolutions

You guys are going to see a lot LESS of me in the new year 🙌 . I'm tackling 2017 head-on with a new transformation challenge, and am looking for people to do it with me!

So, the first 5 people to figure out the answer will receive a \$50 gift card from me to help jumpstart your path to a healthy lifestyle. Ready, go #ItStartsWith10Days #healthyliving

Rihanna gif (Dec. 23rd)

Tag- transformation

This was what I felt like after just 10 days! 🙌 But seriously, Rihanna is a queen! 🙌

10 days of what you ask?? Comment below and I'll tell you!

Tina Fey gif (Dec. 24th)

Tag- motivation

That feeling when you complete your health goals for the week! Can I get a high five!

What did you do this week to deserve a high five. Comment below! 🗨️ 🗨️ 🗨️

Christmas gif (Dec. 25th)

Tag-holidays

Merry Christmas and happy holidays, everyone. 🎄 ❄️ 🍷

Eat Better, Feel Better photo (Dec. 25th)

Tag- Transformation

You'd be surprised how just changing a few food items in your diet can make you feel SO much better!! My favorite healthy snack is [insert snack], not only is it good for you, it helps boost [insert benefit]!! 🍷

Check out these super foods and comment your favorite 🍷 : LINK

Grocery Cart photo (Dec. 26th)

Tag-Articles

What you put in your basket is what you put in your body.

Please watch what you are putting into your body, and read ingredients first! One of the many reasons why I love my company is because they are truly organic, non-GMO, and vegan.

<http://bit.ly/19wYvCz>

Leonardo DiCaprio gif (Dec 31st)

Tag- holidays

Cheers to another year of health and happiness! 🍷

Happy New Year's Eve. 🍷 🍷

What's your favorite Leonardo DiCaprio movie ? ? Mine is [INSERT MOVIE].