

### **See It, Believe It photo**

#### **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**

#### **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**

#### **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**

#### **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**

#### **Tag- Income**

I'm beyond thankful for the opportunities I've been given, and I'm ready to share my secrets!!

What if I said you could lose weight AND gain some extra cash while doing it?

I know, right! So, first 5 people to correctly figure this out in the comments below will get a special gift from me!

### **Resolutions gif**

#### **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**

#### **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**

#### **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 goals.

### **Math Problem photo**

#### **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**

#### **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!

### **Emoji gif**

#### **Tag - Announcement**

Describe your resolution in 3 emojis below.

My favorites will learn a secret that's coming in 2017! #ItStartswith10Days

### **Money and Time gif**

#### **Tag - Announcement**

Who wants some extra green in 2017?!

Something BIG is coming... #GoBigIn2017

### **New Year, Healthier You video**

#### **Tag - Announcement**

I am SO excited to announce to everyone our #ItStartsWith10Days challenge! 🙌 🙌 🙌

Who wants to lose 5-20 pounds in the first 10 days? Who wants to lose even more over the next 100 days? Who wants to break food addictions? Who wants to win an awesome all-expense paid vacation? 🙌 I know I do

### **Fanning Money gif**

#### **Tag - Go Big In 2017**

Who else wants to start earning cash like this??

Comment below with one 🏠 stack of cash if you want a little spending money or FIVE stacks of cash 🏠 🏠 🏠 🏠 🏠 if you want cash like a Kardashian! #GoBIGin2017

### **Reset, Detox, Have a Plan video**

#### **Tag - It starts with 10 days**

The quality of the food you eat equals the quality of the life you live. A healthy outside starts from the inside! 🍏 🥗 🥑

What are some of your favorite healthy snacks!?

### **1<sup>st</sup> Group Cleanse**

#### **Tag - It starts with 10 days**

Who wants to lose 10 pounds in 10 days!?! 🍏 🍏 🍏

Not only is it possible, it's healthy. Comment "I'm in" if you want to know how. 🍏

#ItStartsWith10Days

### **Money in Wallet- Go Big**

#### **Tag - go big in 2017**

I can honestly say I love what I do, it's provided me with opportunities I never thought I would have. 🍏 The flexibility to work from home has been amazing for [INSERT REASON, ex: my family]. If you're looking to earn some extra cash, or a new full-time career, 2017 is the time to GO BIG

What are some perks you look for in a job!?! Comment 🍏 🍏 🍏 #goBIGin2017

### **You Aren't A Whole Food**

#### **Tag - it starts with 10 days**

Let's put more real food in our bodies and less of the artificial kind! 🍏 🍏

What's your favorite whole food? #ItStartsWith10Days

### **Vegas Vacation Contest**

#### **Tag - vacation contest**

Facebook friends and family - have any of you been to Las Vegas?? If so, what's your favorite place to eat in Vegas? Any place healthy?

I'm doing a transformation challenge to win a free trip to Vegas and don't wanna miss out on anything

### **Seven Day Countdown**

#### **Tag - group cleanse**

The first group cleanse is just SEVEN days away!

And that's only the beginning. #ItStartsWith10Days

### **1<sup>st</sup> Group Cleanse**

#### **Tag - group cleanse**

Who else is excited to start the group cleanse on January 9th!? 🗣️🗣️ It's going to be AMAZING, and winning a vacation tops it all off, am I right? 🤔

Don't know what I'm talking about??? Comment below and I'll fill you in! 😊 #ItStartswith10Days

### **Yesterday You Said Tomorrow**

#### **Tag - It Starts With 10 Days**

Who's ready to get their resolutions started? I know I am

Comment "Ready" below for a chance at a special 📢 from me! #ItStartsWith10Days

### **Beach Vacation Contest**

#### **Tag - vacation contest**

Who can tell me where this picture is!? 🗣️

If you said San Diego, you're right 🗣️ Has anyone been there or have a favorite thing to do there? I'm doing a transformation challenge to win a free beach vacay to San Diego and don't wanna miss out on anything 🗣️ Comment 🗣️🗣️🗣️

### **Vacation Contest gif**

#### **Tag - vacation contest**

City, beach, mountains or theme park? Which vacation destination would you choose? I can't decide between [INSERT CHOICE] or [INSERT CHOICE]. 🗣️ 🗣️ 🗣️ #ItStartsWith10Days

### **Disney Vacation Contest**

#### **Tag - vacation contest**

🗣️ This is gonna be me after I win a trip to Disney World for doing this transformation challenge

"Like" 👍 and comment your favorite thing to do there if you've been! "Heart" if you want to go!!



### **Purple Smoothie gif**

#### **Tag - It Starts with 10 Days**

Alright everyone, I need suggestions! 🗣️ What is your favorite smoothie recipe? I'm looking to switch up my options and want to know which ones you love.

Comment below. 🗣️🗣️ #ItStartsWith10Days

### **Like or Love Health**

#### **Tag - it starts with 10 days**

Facebook friends and family, I'm curious to know what #healthgoal interests you more! #ItStartswith10Days

"Like" for losing weight 🍷 or "heart" for eating more fruits and veggies. ❤️

### **3 Day Countdown**

#### **Tag - group cleanse**

THREE days until our first group cleanse of the New Year!

Comment below if you're ready. #ItStartswith10Days

### **Mountain Vacation Contest**

#### **Tag - vacation contest**

Vail looks so beautiful. 🏔️ Has anyone ever been? I'm planning on winning a free trip there by doing a transformation challenge and would love to know your favorite things to do there I'm more of a [skier/snowboarder]. 🎿  
What do you like better?

"Like" for skiing, "heart" for snowboarding.

### **Mean Girls- Raising Hands gif**

#### **Tag - it starts with 10 days**

Starting January 9th I'll be doing a group cleanse, who wants to join me? 🙋🙋🙋

Comment and tag a friend who would want to join - you could BOTH get a \$50 gift card to help jump start your healthier lifestyle! Ready!?! Go #ItStartswith10Days

### **Health, Travel, & Work Goals**

#### **Tag - go big in 2017**

Working from home has allowed to me travel so much more (and make the money to afford it)!

What's the biggest adventure you've ever gone on (or want to)!?! #GoBigIn2017

### **Green Smoothie Group Cleanse**

#### **Tag - group cleanse**

Today is the first day of our Group Cleanse (Next Group Cleanse starts on Thursday) Who else is excited to break those sugar addictions and lose some weight?

Comment with how you'll reward yourself after day 10! #ItStartsWith10Days

### **Go Big At Home gif**

#### **Tag - go big in 2017**

You know the saying, "Go big, or go home"? I get the best of both worlds! 🏠 But seriously, working from home and being able to make a living is an amazing experience.

What would you do if you could work from home!?! #GoBigin2017

### **I Want To Be Around People Who Do Things gif**

#### **Tag - go big in 2017**

My 2017 New Year's resolution is financial freedom Who's with me!? 🙌  
#GoBigIn2017

### **She Turned Her Can't Into Cans Quote- It Starts With 10 Days**

#### **Tag - motivational**

The power of positivity... DO YOU SEE THE GLASS AS HALF FULL?

What is your favorite inspirational saying? Comment below👇

### **Making BIG Money or Making Big Difference**

#### **Tag - go big in 2017**

Have you ever thought of trying something new? What interests you the most in a job?  
#GoBigIn2017

"Like" for making BIG money 🖤 , "heart" for making a BIG difference.

### **Cat With Money gif**

#### **Tag - go big in 2017**

Tired of asking the "fat cats" for extra cash? Do you need a little money to call your own? 🙌  
This was me before I went BIG!

You can #GoBigIn2017 too! Comment below and I'll give you a little 🙌 to help you get started

### **She Turned Her Can't Into Cans Quote- Go Big in 2017**

#### **Tag - motivational**

The power of positive thinking. Do you see the glass as half full or half empty! List your favorite inspirational saying below

What are some dreams you want to turn into plans!? Comment 🙌 below for a chance to win a little 🙌 from me!

## 2017 Agenda

### Tag - it starts with 10 days

Do you want to:

- Get healthy
- Lose weight
- Feel great
- Win an awesome vacation

☺ Participate in our #ItStartsWith10Days transformation challenge and you could win an all-expense paid vacation

### Everyday Is Filled With Possibilities video

#### Tag - it starts with 10 days

No food tastes better than being healthy feels... BREAK YOUR FOOD ADDICTIONS NOW.  
#ItStartsWith10Days

What's your favorite part of the video!? The first 5 people to comment will get a 📷 from me to help you take your first step!! #ItStartsWith10Days

### Before and After photo

#### Tag - it starts with 10 days

Who else is working hard to win that dream vacation?? 📷📷📷

Here is a little progress update from me! It's day [INSERT DAY] and so far I've lost [INSERT POUNDS]. 📷 How is the challenge going for you guys? Comment your progress photos below! #ItStartsWith10Day

\*NOTE: use your own photo!

### Dreams Don't Work Unless You Do

#### Tag - motivational

What are you looking for in a career? For me, it was flexibility, 📷, and the opportunity to grow.  
📷

Share your aspirations below. 📷📷📷 #GoBigIn2017

## **Rosie The Riveter**

### **Tag - motivational**

It's a new world. A world where women can be financially independent and strong. Working from home has been the best decision of my life! It has given me the financial freedom I've always dreamed of and the time to do the things I really want to. ♥ ♥

Remember, WE CAN do this. #GoBigIn2017

## **Before and After Photo- Congrats**

### **Tag - It Starts with 10 days**

I'd like to congratulate [insert person] on losing [insert pounds] so far with the #ItStartsWith10Days challenge. Your progress is amazing, and you're on your way to winning that dream vacation. 🎉 🎉

Post your progress pictures with the hashtag #ItStartsWith10Days for a chance to be featured on my page and win a little 🎁 from me!! I am so proud of everyone participating, it's not too late if you still want to join

## **Take Care of Your Body**

### **Tag - motivational**

Here's a little #MondayMotivation for you guys Keep pushing through the challenge, I'm so proud of the progress.

Drop an emoji below if you're ready for another week of success. 🌟🌟🌟🌟 #ItStartsWith10Days

## **Diving Off Cliff gif- Vacation Contest**

### **Tag - vacation contest**

Okay, how awesome is this What's your most memorable vacation?

Ready to win one? #ItStartsWith10Days

## **Every Accomplishment Starts With... Quote**

### **Tag - It Starts with 10 days**

We do not plan to fail, we fail to plan!! Make a plan and DO IT!

Remember: #ItStartswith10Days

## **High Five Dog gif**

### **Tag - It starts with 10 days**

How are your resolutions holding up? Did you give yourself a high-five this week? Share your results! 🐶 🐶 🐶 #ItStartsWith10Days



**Jennifer Lawrence- Mind Blown gif**

**Tag - go big in 2017**

Make money. 💰

No Boss. 👤

Help People. 🐼

BOOM! Mind blown!

#GoBigin2017

**Here's To Positive Thinking Quote**

**Tag - go big in 2017**

So glad I was able to jumpstart my career and lifestyle in one simple move! Now I'm making 💰 , working from 🏠 , and preparing for something bigger and better this year.

Are you interested ? Comment "All In" 🗨️ 🗨️ and I'll send you some info and a free 📄  
#GoBigin2017

**Business Penguin gif**

**Tag - go big in 2017**

The best part of being an entrepreneur is never having to explain to my boss why I'm late. 🐼

Eat great 🍷 , work from 🏠 , make 💰 , ✈️ , and #GoBigIn2017!