

## WELCOME TO THE YOU!2020EXPERIENCE

Once you are enrolled in our fun, powerful, and life-changing experience, for the next 365 days we'll be teaching you how to Change Your Future Outcome.

You will practice simple and easy ways to worry less, quiet anxiety, get rid of your limiting beliefs and build a more positive and powerful lifestyle.

Here's how the **YOU!2020Experience** works. You get:

- A WEEKLY EMAIL FROM CYFO. Every week, we'll send you an email that has something new, easy and inspiring to learn. The email will also link to a video from us that explains the topic of the week/day in greater detail.
- A MONTHLY VIDEO FROM US. Every month You'll have access to a new link to a video where we walk you through a concept in the **YOU!2020Experience**. These videos will be broadcast live on our social media channels.
- THE **YOU!2020** FAMILY. For the next year, you will be part of a global community of people who are doing the **YOU!2020Experience** right along with you! Use the hashtag **#YOU!2020Experience** on your social media posts so we can find you, cheer for you, and feature you on our social media stories.

And speaking of community, it's not too late for your family and friends to sign up! Just send them over to [www.cyfo.com/](http://www.cyfo.com/) **YOU!2020Experience** so they can join!

In the first few emails we send you, we will send you links to videos where we walk you through this **YOU!2020Experience** in detail. In the meantime, there's nothing to do but feel proud of yourself for jumping in! We are proud of you and excited to share this experience with you!

You are a unique, powerful individual that can do anything you put your mind to!

Love,

*Janice, Rosemary, Andrea & Olya*

## WHAT IS THE #YOU!2020 EXPERIENCE?

It's a simple training program for your mind.

### BEING A PART OF THIS EXPERIENCE MEANS YOU GET:

- 365 days of daily tips and reminders
- 365 days of snack-size coaching
- 365 days of us cheering for you
- 365 days of tools designed to change your habits for good
- Live question & answer sessions (12, 1 per month)
- A dedicated guide for each experience specially designed with YOU! in mind
- A global social media community moving through the changes right along with you

## 12 Experiences of Change

### #YOU!2020 Experience

12 Modules = Experiences

52 Weeks = 7 Days of Discovering.... Mindset, Accountability

365 Days - Based on Pillars / Modules

### 12 Experiences

1. Mindset/Mindfulness
2. Accountability
3. Living Space - Home Environment, Declutter
4. Goddess - Power of Woman, sexuality
5. Nutrition
6. Physical Exercise
7. Self Esteem
8. Self Care
9. Work / Life Balance
10. Boundries
11. Relationships
12. Money - Finances

### HOW CAN I GET THE MOST OUT OF THIS EXPERIENCE

Share in this experience with a friend or a loved one.

- Check in and engage with the experience daily
- The more time and effort you put into the experience, the more you will get out of it
- Journal your thoughts and feelings daily

### WHAT ARE MY FIRST STEPS?

- Purchase, find or make a journal that resonates with you. It will be a new staple in your daily life and a key component to many of our daily experiences.
- Make sure you've added [cyfotoday@gmail.com](mailto:cyfotoday@gmail.com) to your contacts list to ensure you receive our emails.

## YOU GOT THIS!

We are truly grateful you have decided to join us on this journey through conquering and resetting your lifestyle perspectives. Our mindset is incredibly imperative in our overall health. We are confident in your ability to make a shift to a healthy and positive life experience. Congratulations!

Life is an ever-evolving process of continuously becoming a better version of who we are. Self-love is something very near and dear to us, and we are so grateful you are actively seeking to grow and evolve. You are a beautiful and unique individual with much to give to the world. We are here to love and support you.

We want you to open your mind and listen to what your heart is speaking to you through this journey. We trust this will be an exciting time for you, and we hope that you will allow us to support you in any way you need.

## WE BELIEVE IN YOU!

You are a unique, powerful individual that can do anything you put your mind to!

Love,

*Janice, Rosemary, Andrea & Olya*