



# GLP1 30 DAY MINDSET RESET

## GUIDED JOURNEY



TRUE TRANSFORMATION BEGINS WITHIN—THIS  
IS YOUR RESET FROM THE INSIDE OUT.

*Pre-Sale! 50% off*

[www.glp1derfullife.com](http://www.glp1derfullife.com)

## **What to Expect on This Gentle Guided Journey**

This isn't another overwhelming course with daily emails or high-pressure goals. The GLP1 30 Day Mindset Reset – A Guided Journey was created to be a place of peace, reflection, and deep transformation—one small, soul-nourishing step at a time.

Over the course of four weekly modules, you'll be gently guided through foundational mindset shifts that support lasting change—far beyond the scale.

This journey isn't about slapping on positive affirmations or forcing a new mindset overnight. Rewiring your brain is real science—and it happens slowly, through repeated small actions, emotional safety, and reflective awareness. With each week, you'll learn how to interrupt old loops, create new pathways, and begin responding to life in ways that align with the person you're becoming.

### By the End of the 30 Days, You'll...

- Feel more connected to your body's true signals—not just the food noise.
- Understand the emotional patterns behind your eating habits—and begin to gently shift them.
- Have tools you can return to any time you feel triggered, stuck, or overwhelmed.
- Experience the power of journaling as a healing and grounding practice.
- Start building new neural pathways that support peace, nourishment, and self-trust.
- Carry forward a mindset that supports lasting change—long after the medication ends.
- Walk away with more than progress on the scale... you'll walk away with clarity, confidence, and a renewed connection with yourself.

## **What You will Receive on This Gentle Guided Journey**

Each week, you'll receive:

### One Core Lesson – Delivered Saturdays

- A 20-minute video exploring a key mindset theme
- Simple, doable action steps to begin integrating immediately
- A set of thoughtfully crafted journaling prompts to help you reflect, process, and embody the shift

### Midweek Check-In – Wednesdays

A gentle encouragement to reconnect with your intentions and remind you that growth is still happening—even on the quiet days.

### Weekly Wrap-Up – Fridays

A peaceful pause to reflect on the week, celebrate your wins, and prepare your heart for what's ahead.

If you've been craving lasting change—not just on the outside, but deep within—this guided journey was made for you. Over the next 30 days, you'll not only shift how you think about food and your body, but you'll begin to gently untangle the emotional patterns that have kept you stuck for far too long. This is a chance to reset, to heal, and to finally feel at home in your own story.

I can't wait to walk this path with you—cheering you on, encouraging you, and helping you find peace, clarity, and confidence that lasts long after the medication ends. You're not in this alone... and your transformation starts here.

***Join the pre-sale today and take your first step toward healing from the inside out***