

## Steps to Success:

### 1 Craft Your Post

People love hearing a story from the beginning, so share your journey right away. Craft a message that paints a picture of your why, makes you relatable, and invites others to want to join you.

### 2 Take an Authentic Photo

A picture is worth a thousand words, so make sure your picture is saying the right things. Take a photo that represents your **why**. For example:

- If you are starting this journey because of your family, include your kids in the photo
- If you are starting this journey to get active, wear workout clothes or be active in your photo

Don't forget to invite others to join you on your journey!

### 3 Add Hashtags & Set Post to Public

Setting your post to Public and adding hashtags broadens your reach and makes your post searchable on the Internet. Sample hashtags: #health&happiness #newjourney #myjourney

### 4 Tag Your Sponsor

Tagging your sponsor will increase visibility and cue your sponsor to comment in support of you!

### 5 Follow-Up

Reach out to your friends and family that are interacting with your post. Contact them in a way that is authentic to you: messaging, text message, phone call, or in-person.

These are real posts from real Ambassadors just like you! Use these as inspiration for your own first post. Click  next to each post to watch a short video clip from an Ambassador on how to make your first post.



### Family Driven

Stephanie Abrams - Diamond Ambassador\*\*



### Healthy Gut\*

Jamie Richards - Ambassador\*\*



### Staying Active\*

Chris Doran - Ambassador\*\*



### Family Time

Maria Ramos Rangel - Emerald Ambassador\*\*



Still looking for more ideas on what to say?  
You can find what you need on the next page!



## First Post Sample Verbiage

*"You guy, I am so excited because I am feeling hope about my health for the first time in a long time! You may or may not know that I've been struggling with [a, b, c] and I'm over it, but it's far more fun with friends who might be feeling the same. If we start now, we could progress by bathing suit season. I'm looking for 3 people to partner with me and cheer each other on. My friend <insert name> got great results with these products that I just started taking and so far so good. Who wants in? #newjourney"*

Amy Kosmalski- Diamond Ambassador\*\*

*"I am so excited to start my journey to a healthier, happier version of me! I've been feeling so run down and I'm honestly just sick and tired of feeling sick and tired. I can't wait to change my health and maybe even be able to help a few others become the best versions of themselves along with me. Thank you, \_\_\_ for introducing me to this! #health&happiness"*

Sarah Tasa - Emerald Ambassador\*\*

*"I am so excited about feeling hope about my health for the first time in a long time! I am sleeping better and wake up rested, have much more energy and focus to get through my busy days, and already see some results regarding weight loss. Now is the perfect time to start thinking about getting in shape and getting healthy, so I'm looking for 3 people to partner up with and cheer each other on! Who wants to do this with me? #accountabilitypartners #healthjourney"*

Susanne Clinton- Diamond Ambassador\*\*

*"Well- here it goes. I've been watching my friend \_\_\_ have an amazing transformation for the last 2 years and now it's my turn! I'm looking forward to all that this will do for me as I amp up my health game by getting to some root issues! I'd love an accountability partner or two... #accountability #newjourney"*

Sarah Tasa - Emerald Ambassador\*\*

*"Sooo- I'm trying something new to help me with my overall health! It's been a real struggle for quite a while. I decided I wanted to try something healthy first! I'm excited to say that I've found something that has WORKED for so many dealing with similar issues. My friend <insert name> has shared with me her journey to tackle and manage her health. It has helped her in every sense of the word! It's changed her weight and health for the better! She no longer has low energy and now has way better gut health (which affects pretty much everything). Can't wait to see my results and what else is in store for me. Is anyone interested in joining me on this journey? #health&happiness #takingcontrol"*

Sarah Knollenberg- Emerald Ambassador\*\*

*"Y'all I am so excited to embark on this new journey! I have been making some health changes the last <insert #> months and so far I've noticed that I'm not experiencing <insert benefits>. I can't wait to see even more changes happen in the next three months! Does anyone want to join me? #healthandhappniess #guthealthhappy #findingabetterme"*

Sarah Tasa - Emerald Ambassador\*\*

If you waited a little while to post...