

## Getting Started on your Plexus Journey

- ◆ Welcome! We are so glad you're here and we want to see you reach all your health and financial goals that you have! Here are some basic tips as you're getting started.
- ◆ Drink your water! Half your body weight in ounces of water a day is the goal.
- ◆ Consistency is key. Just like brushing out teeth daily keeps our teeth healthy, taking your supplements daily will be a tool to keeping your body healthy. The more consistent you are the more success you'll see.
- ◆ Work with your ambassador to begin your products. These products are simple and flexible! Every body is different though so the dose I take may not be the same dose or time of day for you. We will find the right combo for you!
- ◆ Detox and die off are normal AND is a sign that your body really needs these products. There is a great resource here to read more about that <https://www.beyondblessedwellness.com/wp-content/uploads/2020/06/Health-Assessment.pdf> If you are experiencing detox be in communication with your sponsor so they can help you work through that in a way that works for your body.
- ◆ Time. You have to give the products consistency and time to work. Be patient. The rule of thumb is that you need to give your body one month for every year you have struggled with something to see real sustainable change. Our bodies take 90 days to regenerate cells. You cannot rush real health, nor do we want to. You may see changes much faster than that, many do, but DO NOT give up too soon!
- ◆ Invite at least one person to join you. Accountability is everything. You'll have 80% more success if you have others doing this with you (Plus if you have 3 friends join you you could earn up to \$300!)
- ◆ Get connected to our community! This team page is a great start. This community is one of the most supportive and encouraging that you'll ever find.
- ◆ Join our Monthly Ambassador Call the second Monday of each month at 6:15 pst. We share tips for success and enjoy seeing each other in real time.
- ◆ Don't weigh yourself weekly. You can weigh in the beginning, take measurements and pictures but do not be a slave to the scale. You'll see changes over time and sometimes that will be in ways that you don't expect.
- ◆ Move daily. Moving our bodies is key to our health both physically and mentally.
- ◆ Eat real, healthy food. You'll find you will crave less junk along the way which is amazing but we still have to make good choices with our food daily. Healthy is a choice.
- ◆ Log into your Plexus website, go to the virtual office and make sure that your **Subscription order** is on for 100pv. This ensures that you will be consistent, see success AND earn a little money back each month. PLUS you'll earn **rewards perks** points that you can redeem for free products every few months. Click on the side bar **Training Center** and then the New Ambassadors Start Here link. This will have all kinds of helpful training and resources for you.
- ◆ Last, we have a website that is also meant to help you start out well. Go to [beyondblessedwellness.com](http://beyondblessedwellness.com) to find more detailed product descriptions and how to use them, videos on how to share with your friends and overall wellness tips.